

The Morning Calm Weekly

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Athletes triple their pleasure, pain in IronTriangle Triathlon

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Korea comes alive with color, beauty of wildflowers

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Rendering honors



Sgt. CHRISTOPHER SELMEK

Brig. Gen. H. T. Landwermeyer Jr., director of the Installation Management Agency-Korea Region Office, salutes after placing flowers during the 18th Annual Bonifas-Barrett Memorial Ceremony Aug. 18 at Yongsan Garrison. Capt. Arthur Bonifas and 1st Lt. Mark Barrett were leading a peaceful tree trimming detail within the demilitarized zone Aug. 18, 1976, when they were attacked and murdered by North Korean troops. See Page 9 for related story.

Students head back to school

Start of DoDDS classes brings safety concerns

Special to The Morning Calm Weekly

DoDDS Safety Office

School Bus drop-off zones and school crosswalks throughout the Republic of Korea will soon become busy with activity, as Department of Defense Dependent Schools across the peninsula open Tuesday.

Along with the return of homework and hall passes, the start of classes also brings with it many dangers, as traffic congestion, children walking to school, frequently stopping buses and other factors raise the potential for accidents on installation roads. Myron Shelburne, DoDDS-Korea safety officer, said every year there are numerous incidents where motorists come close to hitting students because they fail to act accordingly when driving near the suddenly busy schools.

Shelburne said the biggest concern is obviously for the safety of the children. "That is why we have crosswalk guards, request assistance from the military police for traffic control and publish

See **School**, Page 4

Army returns land to Uijeongbu ahead of schedule

By David McNally

Area I Public Affairs

CAMP RED CLOUD, Republic of Korea — Officials from the 2nd Infantry Division and the Uijeongbu city government watched together Tuesday as heavy machinery knocked down part of the Camp Red Cloud fence.

Army officials are turning over a significant segment of land to the city nearly one year ahead of schedule.

A 2003 agreement between Area I and the city started a series of construction projects that will soon result in a widened highway where the old fence once stood.

Maj. Gen. George A. Higgins, 2nd Infantry Division commanding general, and Uijeongbu Mayor Kim Mun-won, held a press conference along side the fence on the future Highway 3 Bypass near Kyungmin College.

"Mayor Kim and the city leaders of Uijeongbu are managing the growth of their wonderful city," Higgins said. "With this growth comes expansion in every direction."



DAVID McNALLY

Korean construction workers knock down part of the Camp Red Cloud fence Tuesday as part of a road widening project.

Higgins said the city has grown near Camp Red Cloud over the years, and the road outside the gates has become a busy, pivotal part of the Uijeongbu transportation network.

Construction workers only recently completed a

new fence about 50 meters from the old fence.

Higgins and Kim walked together over the new fence on a temporary staircase and symbolically lifted joined hands.

"We have the great opportunity to gather once again as good neighbors," Higgins said. "In our joint efforts to work together to ensure the highway project could continue as scheduled, the 2nd Inf. Div. and Area I Support Activity directed the accelerated construction on the new wall."

The mayor thanked the U.S. Army officials for the cooperation. "The 400,000 citizens of Uijeongbu will never forget what Maj. Gen. Higgins did here today," Kim said.

Officials said the entire fence line project could be completed as early as January 2006, nearly a year earlier than expected.

The highway will grow from its current four lanes to eight.

See **Land**, Page 4

Letters to the Editor

Medical care proves pleasant surprise

Dear Editor,

Living in a foreign country is a challenge even at the best of times, and it is really nice to know that the people who provide professional services here in Korea are so dedicated to providing the best possible service. My daughter gave birth at the Hyosung Women's Hospital in Daegu Aug. 7, and I just wanted to say a few words about the wonderful care she received and continues to receive.

Her OBGYN doctor, Dr. Moon-Won Song, has been physician, counselor and friend to us since her initial visit to his office. He has made us feel welcome, secure and confident in his ability since Day One, and arrived at the hospital at 1:45 a.m. to make sure the delivery was as trauma free as possible. I think that medical practitioners everywhere could look to Dr. Song as an example of exemplary service.

The staff of Hyosung Hospital is just as dedicated and professional as Dr. Song. My daughter and granddaughter received care comparable to any top hospital in the United States.

Nurses checked on their recovery regularly, and whenever language became a problem, they would phone one of the doctors to translate. The pediatrician associated with the hospital, Dr. Kim, visited my daughter five times in the first 24 hours, to lay to rest any concerns that she and my wife had concerning the baby.

The final amazing event was finding out what the bill was for the Saturday through Tuesday stay and associated care. Since my insurance is not billed directly here, I have to make payment in full and then submit the claim to my insurance company. Imagine my surprise when the check out bill came to less than \$2,400.

There are always "scare stories" about foreign health care, but if the service we received here is any indication of the entire system, I think that worry can be put to rest.

Robert Shelvock
Camp George

Easy questions, tough answers

By Spc. Jennifer Fitts

Army News Service

BAGHDAD, Iraq — I've been asked before what makes me stay in the Army through what will probably be, in its entirety, an almost three-year separation from my husband, and I can't seem to explain it.

Why am I in the Army?

The simple answer might be "patriotism." My patriotism toward the Army is the topic of this commentary, but there's so much more to it than that.

Yes, I am a patriot. I love my country and I'm proud of her. I'm not proud of everything that she's done, but I am proud of her as a whole. I am proud of the ideals that my country stands for; proud of the people who, whatever background they come from, stand beside me and say "I'm an American."

I'm proud of the country that my great-grandparents risked their lives to come to, from Holland, from France, from Poland and from Russia. They saw a golden land, one where dreams grew wild in endless stretches of land.

I still see that original promise that brought them here.

I see those very same dreams, though there are days when those dreams don't shine so brightly, and I wonder if the "American Dream" is a shadow that I've been told to chase with no hope of actually catching it.

Then, the sun comes out again, and my dreams, so big that only a land as vast as America could hold them, shimmer in the sun like treasures scattered over mountains.

I love my country.

I love her with a fierce pride and a passion that isn't always explainable to someone who hasn't experienced that love.

I love my country enough to answer her call, to put my civilian life on hold to respond to the burden she asks me to pick up, regardless

of whether or not I agree with why she's asking me.

I love her enough to wear a uniform and to possibly give my life in her service.

But there's more to it than that.

Over the years, I've tried putting it in plain words, with various degrees of success.

I'm a patriot, yes, but it's more than a deep and abiding love of my country and a need to give back to her somehow that keeps me enlisted in the Army.

It's not the pay; although for the first time in my adult life I am totally out of debt and living more than just barely above the poverty level.

It's not the education benefits, since I earned them after my first enlistment. The GI Bill is a lovely thing, but it's not why I stay.

It's not the medical care necessarily, since as a National Guard member, I don't get many medical bennies when I'm not

"I could probably find another dream job somewhere else, but I love Soldiers, like no one I've ever loved before."

activated.

It's the people — the Soldiers. The good, the bad and the indifferent.

It's that human factor that reaches out, across backgrounds and educations and lives, and binds us together.

No matter how fragile those bonds seem, they're still there and they're everlasting.

Get a group of people together and the Soldiers and veterans will congregate, usually trading "No kidding, there I was" stories, peppered with obscure acronyms and coarse language.

It's a uniquely shared set of experiences, shared by individuals who are, forever afterward, part of something bigger than themselves. It's something that honestly defies my attempts to catalogue, classify

or quantify. It's almost impossible to truly dissect.

I've been asked if I could find such fulfilling camaraderie in another field, and I probably could, as long as certain parameters were met. My alternative calling would have to be challenging, both physically and emotionally, and would have to involve things that should suck, but somehow, don't.

I'd require that my other calling involve daily "somethings" that, with rare exception, leave me dirty, tired and pissed off at stupid stuff, but still has me laughing my butt off at the end of the day.

I could probably find that dream job somewhere else, but I love Soldiers, like no one I've ever loved before. They are, in my mind, my family. I've been through so many things with other Soldiers. I've been hurt by other Soldiers and also held up by Soldiers when I thought I couldn't take any more.

I've fallen in love with a Soldier, someone who understands the why, the what and the how of the Army, and I wouldn't trade that for anything.

I've cried because of my love of the Army and I've experienced anguished heartbreak, enduring personal sacrifices that made me doubt my future in the military.

I've laughed and cried and made friends who will be part of my life until the day I die.

So, yes, I am a patriot.

But the men and women in uniform beside me show me why I'm proud of my country. My fellow Soldiers remind me day in and day out why it is that I love America and why I stay in the Army.

For that, I thank them.

(Editor's note: Spc. Jennifer Fitts is an Army journalist with the 100th MPAD. Her article first appeared in the Marne Express, a weekly newspaper for Task Force Baghdad and the 3rd Infantry Division.)

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Support and Defend

NEWS & NOTES

Air Force Ball

The inaugural Air Force Ball will be held at 6 p.m., Sept. 15, at the Grand Hyatt Hotel, Seoul. Tickets are \$60 for civilians and military E-5 and above, \$45 for military E-4 and below. Dress for the event is Mess Dress for military personnel and formal wear for civilians. The ball will be hosted by Lt. Gen. Garry R. Trexler, commander U.S. Air Forces Korea.

**USO Positions
Seek Applicants**

USO Korea is seeking to fill two positions with their organization: Director for Program and Marketing, and an Information, Tickets and Tours manager.

The director for Programs and Marketing would be responsible for the development, planning, implementation and monitoring of all program and marketing activities for USO Korea, including development and coordination of country-wide and center-based outreach and program activities, fundraising, advertising, media relations, grant writing and special events. The ITT manager would be responsible for planning, developing, organizing, implementing and evaluating Korea-wide tour and leisure programs.

Anyone interested in either of these positions may submit a cover letter and resume by e-mail to usokorea22@kornet.net. Resumes may be mailed to USO Korea, PSC 303, Box 53, APO AP96204

**Master Sergeant
Promotion Board**

The promotion board from Sergeant First Class to Master Sergeant will convening Oct. 4.

SFCs with a date of rank before Oct. 4, 2003, and a BASD between Oct. 4, 1982, and Oct. 5, 1997, are eligible for selection (79R with a BASD between Oct. 4, 1980 – Oct. 3, 1982, are also eligible). Those competing must have completed ANCOC and have received at least a secret security clearance or a favorable National Agency Check, Local Agency Check and a credit check. Competitors also must have a high school diploma or a GED Equivalency.

In order to remain competitive, qualified SFCs must ensure that their Enlisted Records Brief, Official Military Personnel File, Noncommissioned Officer's Evaluation Report and military photo are up to date and properly sent to the Enlisted Records and Evaluation Center. Qualified SFCs should contact their S-1 or PSB for all assistance.

509th PSB Helpline

The 509th Personnel Services Battalion is now offering a call-in service for personnel questions regarding redeployment orders, promotions, clearing and more. On post, call 550-4747. Off post or from a cell phone, call 0505-724-4747.

The line operates from 6 a.m. until 9 p.m., Monday through Friday.

Bush: U.S. seeks 'total victory' over terrorists

By Gerry J. Gilmore

American Forces Press Service

WASHINGTON -- U.S. service members are fighting and sacrificing in Iraq because that country "is a central front in the war on terror," President Bush told Veterans of Foreign War members gathered in Salt Lake City Monday.

Terrorists want to "establish Taliban-like regimes" in Iraq and other troubled areas of the Middle East, Bush explained to VFW members at their annual convention, in order to "turn that region into a launching pad for more attacks" against America and its allies.

Yet, "in all their objectives" the terrorists "will fail," the president vowed.

The overriding lesson provided by the Sept. 11, 2001, terror attacks on the United States is "we must confront threats before they fully materialize," Bush asserted, noting that "a policy of retreat and isolation" cannot protect Americans from terrorists' violence.

Therefore, "the only way to defend our citizens where we live," Bush maintained, "is to go after the terrorists where they live."

Bush saluted today's generation of U.S. servicemembers, who, in defending America and confronting terrorism across the globe, are fighting "the first war of the 21st century."

And the only acceptable outcome for the war is "total victory" over the terrorists, Bush said.

Terrorists want to transform Iraq "into what Afghanistan was under the Taliban," he noted.

And terrorists want to stop the spread of democracy in Iraq, "because they



PAUL MORSE

After addressing the Veterans of Foreign Wars national convention in Salt Lake City, President Bush chats with troops from the Utah National Guard Monday.

know a free Iraq will deal a decisive blow to their strategy to achieve absolute power," Bush said.

Iraqis had experienced three decades of dictatorship under Saddam Hussein, the president pointed out, noting, "They will not allow a new set of would-be tyrants to take control of their future."

Bush said more than 8 million Iraqis voted in recent democratic elections. And despite ongoing insurgent violence, the Iraqis "are building a nation that secures freedom for its citizens and contributes to peace and stability in that region," the president said.

The finished draft of a democratic national constitution will represent "a landmark event in the history of Iraq and the history of the Middle East," he said.

Crafting a constitution is an arduous

process that involves "debate and compromise," he noted, pointing out that the U.S. constitution wasn't easily written and adopted.

As Iraqis continue to take on more responsibility for managing the day-to-day affairs of their nation, the U.S. and its allies will "help them to take responsibility for their own security," Bush said. American and Iraqi troops are serving side by side and "working to defeat the terrorists together."

As Iraqis gain more experience in fighting the insurgency, then American troops will stand down, Bush noted. Then, "our troops will come home with the honor they have earned," he said.

The 1.8-million-member VFW was founded in 1899 and works on behalf of all military veterans and their families.

Iraqis take 3 more days to resolve constitutional issues

By Donna Miles

American Forces Press Service

WASHINGTON – Iraq's National Assembly accepted a draft constitution Monday and took the next three days to review the document and hammer out remaining differences before voting on it, the assembly spokesman announced Monday.

Hajim al-Hassani announced just minutes before the day's midnight deadline that the assembly had accepted the document from the constitutional drafting committee. The move came over the objections of Sunni Arabs, who oppose some provisions and have threatened to vote against it during the national referendum if the National Assembly approves the constitution in its current state, according to news reports.

Key sticking points involve federalism, the distribution of Iraq's oil wealth and the role of Islam in the new government, news reports said. Hassani reflected the Iraqi National Assembly's goal of reflecting all Iraqis' interests in the new constitution.

"There is a determination by all parties that there should be a consensus among all parties," he said, noting that the assembly members "will try, God willing, to reach the consensus over some of the points that are still outstanding."

Negotiators worked through the day to come up with a compromise, but as the clock ticked toward midnight, they opted to deliver the draft constitution to the National Assembly. The Iraqi Transitional Administrative Law had set an Aug. 15 deadline for the National Assembly to approve a draft constitution. However, the Iraqi parliament voted within 20 minutes of that deadline to extend it by seven days, until

midnight Monday, or 4 p.m. Eastern time.

Once the National Assembly approves the draft constitution, it will be put to a national referendum by Oct. 15. If the Iraqi people ratify the constitution, parliamentary elections will be held by Dec. 15 to elect a permanent government. However, if any three of Iraq's 18 provinces reject the draft constitution by two-thirds or more, the constitution will be defeated.

"Producing a constitution is a difficult process that involves debate and compromise," President Bush acknowledged during a speech earlier today at the Veterans of Foreign Wars' National Convention in Salt Lake City, Utah. The president noted that the 1787 U.S. Constitutional Convention "was home to political rivalries and regional disagreements," and that the document they ultimately produced "has been amended many times over."

"We salute their determination to lay the foundation for lasting democracy ..."

President George W. Bush

"So Americans understand the challenges facing the framers of Iraq's new constitution," Bush said. "We admire their thoughtful deliberations."

We salute their determination to lay the foundation for lasting democracy amid the ruins of a brutal dictatorship."

All Iraq's main ethnic and religious groups cooperated in the project, with all making "the courageous choice to join the political process, ... (to) produce a constitution that reflects the values and traditions of the Iraqi people," the president said. A democratic constitution, once approved, "will be a landmark event in the history of Iraq and the history of the Middle East," he said.

School from Page 1

articles warning the community of their return to school,” he said.

A former Army first sergeant, Shelburne has worked in public education the past 17 years — the last five as DoDDS-Korea safety officer. He said the start of school each year is a dangerous time because many drivers are not prepared for the increase in vehicle and pedestrian traffic that the return to classes brings.

Adding to the potential for accidents is the fact that students are most likely to be out of class and walking around post during the



CHRISTOPHER SELMEK

Jacki Greaves-Latin puts up posters to decorate her homeroom. Greaves-Latin instructs fundamentals of art, consumer science and lodging management at Seoul American High School. Classes begin at SAHS and other DoDDS schools begin Aug. 30.

Land from Page 1

“To do it properly, they need to take a portion of the front of Camp Red Cloud,” said Lt. Col. William Huber, U.S. Army Garrison, CRC commander.

Huber said the biggest part of the base to be returned is the southeast corner.

The city agreed to pay about \$11 million in new construction costs needed to rebuild facilities affected by the return.

The Army and Air Force Exchange Service Filling Station, taxi stand, bus station, main gate and 2nd Inf. Div. Band rehearsal building will move to make room for the new fence and road.

The new construction will include:

- \$2.3 million band facility on the

morning and lunchtime hours when vehicle traffic is already high — from 7:30 - 8:15 in the morning, 11:30 a.m. - 1 p.m. (lunch) and 2:15 - 3 p.m.

“The morning is the most dangerous, due to it being during the peak traffic period while students are arriving at the schools,” Shelburne said. “Lunch time is second in the danger category because of increased traffic flow, and the afternoon is dangerous because that’s when the students are leaving school to go home.”

To help prevent accidents and to allow for increased traffic and possible delays, Shelburne suggested drivers allow for extra time getting from one place to another, or that they use alternate routes that take them around school zones during the three busiest periods each day.

Shelburne also offered a list of “DOs” and DON’Ts” everyone can follow to make installation schools and roadways safer places, and to help DoDDS make this an accident-free school year:

Do watch closely for school crossing guards and obey their commands.

Do slow down to 25 KPH in front of all schools.

Do use designated crosswalks and pedestrian overpasses.

Do be careful passing buses and vehicles that are unloading children.

Don’t drop off children within marked bus loading/unloading zones.

Don’t drop off students within crosswalks or at intersections.

Don’t let children get out on the roadside of your automobile.

Don’t attempt to drive around traffic that has backed up in the vicinity of a crosswalk.

west side of post, near the golf course ninth hole.

■ \$1.8 million company operations facility

■ \$1.5 million AAFES Filling Station

■ \$900,000 bus and taxi stand, to be located near the commissary

The project also includes \$3 million for a new main gate to the installation.

“It will be a state-of-the-art entrance facility,” Huber said.

“Again, this will help Uijeongbu have the opportunity to continue construction on their expansion project,” Higgins said. “I am very grateful that the hard work by our Korean contractors has enabled accelerated construction.”

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Deadline for submission is close of business the Friday prior to the date the item is to be published. For information, call 738-3355.

AD
GOES
HERE

Joint Chiefs Chairman bids troops farewell

Entertainers join Myers for international USO tour

By Spc. Stephanie Pearson

Area I Public Affairs

CAMP CASEY — The Chairman of the Joint Chiefs of Staff bid Soldiers and airmen of Area I goodbye Sunday at Camp Casey as part of his farewell tour.

To kick off the event, Air Force Gen. Richard B. Myers joined 45 servicemen onstage, where he administered the oath to re-enlist them.

"It was outstanding, getting re-enlisted by Gen. Myers," said Staff Sgt. Todd Evans, Company B, 1st Battalion, 72nd Armor Regiment. "I'm on indefinite status now, so this was my last re-enlistment, and it's one I'll always remember."

"We're very proud of the commitment you all have made," said Maj. Gen. George A. Higgins, 2nd Infantry Division commanding general, to those who took the oath.

After the re-enlistment ceremony, Myers told the gathered troops that he and his wife came to say thank you for all the servicemembers do.

"We decided that, before we left office, we would travel around the world and shake as many hands as we could, wherever people are serving," he said. "If it weren't for your presence here, it would be a different world we live in. So thank you, on behalf of all the Americans who, if they could be here, would say thank you."

After Myers' opening remarks, sportscaster and model Leeann Tweeden took the stage to introduce National Football League Hall-of-Famer Gale Sayers.

Sayers, a former Chicago Bears running back,



Sportscaster and model Leeann Tweeden hands out USO bandanas at the end of the show Sunday.

talked to the troops about teamwork.

"The number-one thing that makes any single person successful is teamwork," Sayers said. "Every yard I got -- whether it was two, 10 or 50 -- somebody helped me get there."

Sayers added that it is especially important for troops to act as a team.

"I played a game," he said, "but what you do out there is not a game."

Comedian Jeffrey Ross followed Sayers with a 30-minute stand-up performance that had the audience rolling in their seats.

"Jeffrey Ross was my favorite part of the show," said Spc. Sonya Hackman, Headquarters and Headquarters Company, Area I. "It was probably one of the funniest comedy shows I've been to. I was cracking up the whole time."

Staff Sgt. Todd Evans

The final performance of the evening was delivered by comedian Colin Quinn, a regular on Comedy Central and former Saturday Night Live cast mate.

After the show, the performers took a few minutes to meet the troops, sign autographs and pose for pictures.

"I had a good time," Hackman said. "It was awesome that they took the time to come out and perform for us."

The show was part of Myers' farewell tour, and a chance for him to travel around the world to assess troop morale. The show has been to Kosovo, Kuwait, Iraq, Afghanistan and Djibouti, and stopped in Japan after performing two shows in Korea. The group will visit troops in Hawaii and Alaska before heading back to Washington, D.C.

As the 15th chairman of the Joint Chiefs of Staff, Myers serves as the principle military advisor to the president of the United States, secretary of defense and National Security Council. He will retire from the Air Force in September.

E-mail stephanie.a.pearson@us.army.mil

Right and below: During his 30-minute stand-up routine, Comedian Jeffrey Ross has the audience cracking up.



PHOTOS BY SPC. STEPHANIE PEARSON

Chairman of the Joint Chiefs of Staff Gen. Richard B. Myers addresses the crowd at Carey Fitness Center Sunday.



NEWS & NOTES

Alcohol Restrictions

General Order No. 1 is in effect through Sept. 3 for all U.S. and Korean Augmentation to the U.S. Army Soldiers in Warrior Country. No alcohol will be consumed during this time. Officials said this restriction will not apply to U.S. Air Force personnel, Department of Defense civilians or contractors.

Bowling Center Closure

The Camp Casey Bowling Center will be closed for maintenance Monday and Tuesday. The center will reopen for business Wednesday.

Labor Day Events

Tito Puente Jr., the son of the famous latin star, will perform live at 7 p.m. Sept. 5 at Camp Casey. Find out more about this salsa performer at <http://www.titopuentejr.com>.

CRC Block Party

Celebrate Labor Day at Camp Red Cloud with live bands, food booths, a chili cook-off, door prizes, a Tae Kwon Do demonstration, sporting events and inflatable games. Events start at noon Sept. 5 near Mitchell's Sports Grill.

Volunteer of the Quarter

The Quarter and Volunteer Unit of the Quarter for May-August 2005 nomination forms are available at any Army Community Service reception desks. Submission deadline is not later than Aug. 31. Take the time to nominate your military folks for going beyond their normal call of duty or for civilians who are volunteering their time to help others in Area 1 organizations. For information, call 732-7277.

Commissary Case Lot Sale

All Area I commissaries will hold a case lot sale Sept. 10-11. Check your local commissary for times, or visit www.commissaries.com.

Power Outage Scheduled

A power outage is scheduled for 1 - 1:15 a.m. Sept. 10-11 for maintenance. The outage will affect all of camps Casey, Mobile and Nimble.

Incheon Shuttle Service

The Camp Red Cloud Incheon Express Shuttle now departs CRC at 7:05 a.m. instead of at 6 a.m.

Safety Training

The Safety Certification Class for additional duty unit safety officers and noncommissioned officers will be at Building S-1504, Camp Casey, at 1 p.m. the second and fourth Friday of each month. For information call 730-4234.

Soldiers can claim losses for property damage

Division Staff Judge Advocate's Office

CAMP CASEY — Say a Soldier steals his buddy's compact disc player and trashes it. The owner of the CD player can file the Article 139 claim against the Soldier who stole it.

Article 139 of the Uniform Code of Military Justice allows those who believe they are the victims of a wrongful taking or the willful damage of real or personal property committed by a Soldier to present their claim to the commander of that Soldier.

A brigade commander can appoint a person to investigate the claim. The investigating officer then collects evidence to make a finding if the claim should be paid or not paid.

After a legal review, the commander can direct finance to withhold the money out of the offender's pay. This process is independent of any criminal process.

If the claim is substantiated, the commander can direct personnel at the finance office to pay the victim directly from the wrongdoer's pay.

Legal officials said it is important to note an Article 139 claim should never be delayed because criminal charges arising from the same incident are pending.

In fact, if action is taken against a

Soldier, such as a court-martial or Article 15, it could result in the Soldier receiving a reduction in pay or forfeiture of pay and allowances.

Proper claimants include civilians, servicemembers, business entities, state, territorial, or local government, and non-profit organizations.

"Willful damage" is damage which is inflicted intentionally, knowingly, and purposefully without justifiable excuse. Accidental, thoughtless, or inadvertent loss or damage caused by a Soldier's negligent conduct is not payable under Article 139. However, conduct that shows a reckless disregard for the property rights of others is a proper claim. "Wrongful taking" is any unauthorized taking or withholding of property, with the intent to temporarily or permanently deprive the owner or person lawfully in possession of the property.

Claims for property taken through larceny, forgery, embezzlement, misappropriation, fraud, or similar conduct are normally recognized as proper claims under Article 139.

A claim must be submitted within 90 days of the incident that gave rise to it, unless good cause for delay is shown. The claim may be submitted orally but

it must be reduced to writing and signed by the claimant within 10 calendar days. Any Army officer may receive that claim.

If the claim appears cognizable, the SPCMCA must appoint an investigation officer to conduct an investigation.

In order to recommend liability, the investigating officer must conclude that it is more likely that not that the claim is valid.

The investigating officer will obtain a legal review of his of her findings and submit the findings to the approval authority for final action. The claim may be approved in an amount equal to or less than the amount recommended by the investigating officer, provided the amount does not exceed the limit of their approval authority.

Commanders who have questions about 139 claims should initially consult with their trial counsel. Servicemembers or other personnel may contact Legal Assistance for advice concerning potential Article 139 claims. After initial consultation, you may contact the Claims Office at 732-6017 to obtain the appropriate claims forms and instructions to file the claim.

The Camp Casey Claims Office may be reached at 730-1910.

New service number speeds repair orders

Area I Public Affairs

CAMP RED CLOUD — The Area I Department of Logistics now provides on-call service for inoperable washers, dryers, refrigerators and gas ranges in all units and bachelor enlisted and officer's quarters.

Customers with broken or improperly operating equipment should notify the call officer, who will coordinate with the contractor for service.

When placing a work order, callers must identify their unit, location, building number, item description and serial number, and leave point-of-contact information with a DSN phone number. The contractor will then contact the

customer with a date and time for repair.

If the appliance is unserviceable, the contractor will direct exchange the item.

The service line will be available 9 a.m.—5 p.m. Monday—Friday, and will be closed for U.S. and Korean holidays.

Most calls will be completed within 24 hours, but not later than 72 hours from the time the call was placed.

Units requiring support must contact the Area I call officer, So Hye-won, at 732-7648.

For assistance or information, call Sgt. Lee Parker at 732-7332.

Warrior kids huddle up



PHOTO BY DAVID McNALLY

Raymond Yam, 12 (right) looks out to his fellow Camp Adventurors, while Lt. Col. William Huber huddles Aug. 19 with a group of kids. Huber, the U.S. Army Garrison, Camp Red Cloud commander, wanted the second-year Camp Adventure attendees to choose two campers for special recognition at the finale luncheon at the CRC Community Activity Center. About 40 children from the Camp Adventure program joined with local kids from the International Christian School for a lunch of hot dogs and hamburgers. Huber also thanked the two camp counselors, Stephanie Healy and Nathan Joyce, for their work during the six-week program, which started June 20 in Area I.



Warriors react to the wrestlers' antics Sunday.



The Patriot (center) puts a move on the Milwaukee Mauler as referee Scotty McKiever looks on Sunday at the World Wrestling Association exhibition at the Camp Stanley Physical Fitness Center.

PHOTOS BY DAVID McNALLY

PROFESSIONAL WRESTLERS

WOW

WARRIORS

By David McNally

Area I Public Affairs

CAMP STANLEY — The gym here turned sticky hot as about 300 Soldiers piled in Sunday night for an evening of entertainment from the World Wrestling Alliance.

The Armed Forces Entertainment show is on an 18-day tour of U.S. Military installations in the Pacific.

A busload of Warrior Country fans came from as far as Camp Hovey for the two-hour exhibition of professional wrestling at the Camp Stanley Physical Fitness Center.

For Capt. Eric Eick, Company B, Special Troops Battalion, the show was right up his alley.

"I've been following professional wrestling since the 1980s," he said. "The wrestlers to watch tonight are the Barbarian and Krash."

That just happened to be the show finale match-up, but before the crowds got on their feet for that event, they were entertained with four other matches.

First up, the Volcano Kid erupted on Dave Duponte. The crowd was just starting to get into the volley of insults and showmanship when the Volcano Kid, a 300-pound Hawaiian monstrosity, put down his contender.

The next match featured two female wrestlers, Venus versus Allison Danger. The two women passed insults and taunts. Danger even looked fearful during the first minutes of the competition, but soon she came away victorious.

In the third match, the Milwaukee Mauler taunted the crowd before his silent masked competitor, The Patriot, entered the ring. Predictably, the stars and stripes wearing Patriot was declared victor at the end of the battle.

Referee Scotty McKiever tried his best to remain above the fray, but in the fourth wrestling match of the night wrestlers Christie Ricci and Brandi Wine

took him down and rolled him around the ring like a beach ball. Ricci retained her title belt when they wrestled to a time limit draw.

The crowd was well-oiled for the final match, which Eick had earlier predicted.

The master of ceremonies told the crowd the finale would be, "hardcore." He said there were no rules and to watch out.

Soon the Barbarian, at 295 pounds and 6'2", had his enemy in his sights. Krash was no easy victory though. As the giants tumbled out of the ring, Soldiers scrambled from the bleachers. Krash smashed the Barbarian's head against the gymnasium wall and wound up tumbling down the bleachers himself.

The crowd was getting pumped up as the orchestrated violence turned ugly. The Barbarian threw Krash into tables, picked up folding chairs and smashed them on his opponent. Krash retaliated by stealing a bass guitar from an Elvis impersonator in the audience (it was a wild gathering) and slapping it against the backside of the Barbarian.

The crowd came to their feet chanting for the Barbarian.

When the smoke cleared, the Barbarian defeated Krash.

For true wrestling fans like Eick, the evening of entertainment proved to be a success. His smile was big enough to be introduced as evidence in a court of law.

"It was great," he said.

Tom Reeder, WWA president, was thankful for the opportunity to bring his wrestlers to U.S. Military audiences in the Pacific.

"We enjoy doing it," he said. "It's all about the troops."

Over the years, Reeder has put together many wrestling exhibitions for stateside military audiences as well as AFE shows in the Pacific and the Middle East.

"When I go home, people ask me if all the travel was exciting," he said. "I tell them what was exciting was the chance to entertain my heroes."

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Wrestler Allison Danger bares her teeth while grappling her opponent Venus.



A crowd favorite, the Barbarian made a grand entrance for cheering fans.

Yongsan drivers beware; School starts Tuesday

Area II Public Affairs

YONGSAN — School starts Aug. 30 at Yongsan and drivers should be aware of children crossing streets, getting on and off school buses and playing outside on the way to school and back.

According to the Area II Safety Office, pedestrian-vehicle injuries are a leading cause of death for children ages 5 to 14.

Here are some back-to-school safety tips for both drivers and pedestrians:

Be familiar with school zones. Get in the habit of noticing where school zones and crosswalks are on routes that you normally take. Accidents, including pedestrian accidents, are far more likely to occur locally on routes that drivers are familiar-and thus overly comfortable with.

Stop for school bus lights. Always stop for school buses with the flashing yellow hazard lights. Drivers approaching the bus must come to a full stop for the duration that the hazard lights are on.

Obey crossing guards. Disobeying a crossing guard could get you in some serious trouble. Remember that driving on major streets where crossing guards and crosswalks are observed is safer than taking "short-cut" side streets where children may be unattended.

Anticipate the worst. The speed and distance away of oncoming cars is more difficult for young children to judge. Always anticipate the chance that a small child may run in front of you by slowing down and preparing to brake.

Be careful around parked vehicles. Be especially careful in areas with parked vehicles on the side of the road. Children waiting to cross may be especially difficult to see behind parked sport-utility vehicles.

Headlights on. Drive with headlights on in areas with children and pedestrians. The AAA says that the use of headlights can reduce pedestrian accidents by about 25 percent.

Do Not use cell phones when driving. Cell phones are a known distraction. Never use hand-held or hands-free cell phones while driving especially in school zones or areas with children. The same goes for activities that distract the driver, such as changing CDs, looking at notes and reading maps.

Avoid reversing. Try to avoid reversing your vehicle in areas with children. It is more difficult to see short children and attend to your car's blind spots while reversing.

Don't speed. Remember that the speed limit in most school zones during school times or when children are present is 15 miles per hour. Bad weather or areas with limited visibility will require a lower speed. Your visibility to pedestrians, your ability to see them and your stopping distance all may be greatly impaired by weather or road conditions, so follow common sense and slow down.



Honor guards stand at attention Aug. 18 during the Bonifas-Barrett Memorial Ceremony.



CPL. SEO KI-CHUL

Robert Murray, commander, Veterans of Foreign Wars Post 8180, places the national flag in remembrance of fallen soldiers.

Area pays respect to fallen officers

VFW post hosts ceremony for 18th year observance

By Sgt. Christopher Selmek

Area II Public Affairs

YONGSAN — Two U.S. Soldiers murdered by North Koreans during an incident at the Demilitarized Zone 29 years ago were remembered Aug. 18 at a Yongsan memorial ceremony.

Then Capt. Arthur Bonifas and 1st Lt. Mark Barrett were leading a peaceful tree trimming detail within the demilitarized zone Aug. 18, 1976, when they were, without provocation or warning, attacked by a superior force of axe and pike wielding North Korean troops and massacred, according to Grant Stombaugh, announcer and member of Bonifas-Barrett Post 8180, Veterans of Foreign Wars, which hosted the remembrance ceremony.

Bonifas was promoted posthumously to the rank of major and Barrett was promoted to captain after the incident that took the Korean peninsula to the brink of war.

According to the U.S. Forces Korea Web site, the United States initiated "Operation Paul Bunyan," the largest tree cutting operation in history following the attack. Operation forces consisted of security battalion forces, 30 combat engineers, 50 Republic of Korea Special Forces martial arts experts and B-52s from the nearby USS Midway carrier battle group flying just south of the military demarcation line. After several days of tension between the opposing sides, the North Korean government issued a statement that the murders were "regretful."

The 18th annual ceremony drew a small but respectful crowd to the Eighth U.S.

Army War Memorial as rain fell on Yongsan. Among the solemn servicemembers and former servicemembers who laid flowers and other mementoes at the base of the memorial was Brig. Gen. H.T. Landwermeyer Jr., director of the Installation Management Agency-Korea Region Office.

"As many have said before, freedom isn't free," said Landwermeyer during a speech at the memorial. "It bears a heavy price and for any people lasts only as long as we are willing to go in harms way in its defense,

"Having served 30 years in the military, when I think of men killed just doing their duty, it fills me with sadness. At the same time, it fills me with pride that they were Soldiers 'til the very end."

Robert Murray, VFW post commander

wherever that may take us. The aggression and brutality committed against a tree trimming party on this day in '76 is a poignant reminder of the ultimate sacrifice often required to maintain our freedoms."

"Even today, some ask 'is it worth it,'" Landwermeyer continued. "Well, I tell you without a doubt, freedom's price is very much worth the liberties protected. And I would warn those who might use armed force in an attempt to rob those liberties from the citizens of Korea, to realize the resolve of this great alliance to stand firm in our commitment."

After flowers were laid, the 8th U.S. Army Honor Guard fired a rifle salute and Spc. Jacob Imlay, 20, from Zanesville, Ohio, played taps. The 2nd Infantry Division bandsman, not born when Bonifas and Barrett were slain at the DMZ, said he learned the day before who the ceremony was for. He arrived in Korea June 22.

Robert Murray, who commands the VFW post named for the fallen Soldiers, discussed what the remembrance meant to him.

"Having served 30 years in the military, when I think of men killed just doing their duty, it fills me with sadness," said Murray. "At the same time, it fills me with pride that they were Soldiers 'til the very end."

Eighty-eight other Americans and 377 Republic of Korea Soldiers have also made the supreme sacrifice in defense of freedom and democracy since the 1953 Korean War armistice.

E-mail Christopher.M.Selmek@us.army.mil



Brig. Gen. H.T. Landwermeyer Jr., director of the Installation Management Agency-Korea Region Office, stands at attention at the beginning of the ceremony before walking to the podium to deliver a speech.



Maj. John Sweeney lays flowers at the base of the 8th U.S. Army War Memorial to pay respect to the two fallen officers.

New motorcycles bought for safety course

By Cpl. Seo Ki-chul

Area II Public Affairs

YONGSAN — The Driver Training Office has purchased six new motorcycles and painted the motorcycle safety course riding track to comply with Motorcycle Safety Foundation standards.

In cooperation with the Area II Safety and Occupational Health office, the Driver Testing Office bought the new Korean 125 cc Daystar motorcycles for use by course participants. The motorcycles cost

\$10,358.

“Just two months ago, we had only six used motorcycles and 10 used mopeds for those attending the course,” said Area II Support Activity Motorcycle Training Instructor Joseph Lee, from the Directorate of Logistics Transportation Division. “The Korean ‘Daystar’ turns out to be very cost-effective and reliable.”

New training materials have also been purchased.

Kelii Bright, Area II Support Activity installation transportation officer said the additions offer a higher quality, safety-oriented product for customers.

“The new motorcycles are nice to have, but the material, training exercises and Motorcycle Safety Foundation standard training range will more likely save lives in the long run,” said Bright. “Maintaining the highest quality of training ensures the rider is better able to respond appropriately in life-and-death situations.”

In addition to the new motorcycles, the existing track for training was re-painted to meet updated Motorcycle Safety Foundation requirements.

“The MSF redesigned their Basic Rider and Experienced Rider courses, which required us to increase the size of our training facility, including its basic design and obstacle course,” said Bright.

To ensure customers were offered the most current safety training, the motorcycle training area



PHOTOS BY CPL. SEO KI-CHUL

Joseph Lee, Area II Support Activity motorcycle training instructor from the Directorate of Logistics Transportation Division, gives guidance during the pre-ride safety inspection.

was actually relocated and redesigned to the new standards.

Bright said customers can bring their own motorcycles for both the basic and experienced rider courses.

“We recommend riders bring their own motorcycles to the Basic Rider Course,” said Bright. “For the Experienced Rider Course, it is mandatory.”

Those without their own motorcycle can use one of the new cycles bought for the basic course. One rider said he was pleased with the opportunity.

“The newly purchased motorcycle is nice and easy to maneuver,” said one of the trainees, Capt. John Tiedeman, who commands Company A, 2nd Battalion, 52nd Aviation Regiment. “The newly painted course is good for beginners and experienced

riders alike, especially new riders who need a lot of practice based on fundamentals of motorcycle operation and safety.”

Anyone who desires to operate motorcycles or mopeds on a public street or highway should pass the written and skill test authorized by U.S. Forces Korea.

The safety course must be successfully completed before the operation of any motorcycle. All licensed motorcycle riders in Korea must attend refresher training consisting of Motorcycle Safety Foundation Experienced Rider Course curriculum every three years in compliance with USFK Regulation 190-1, Bright said.

For registration or information, call Joseph Lee at 738-4592 or 5568.

E-mail KiChul.Seo@korea.army.mil



Glenelli Victa, one of the trainees at the motorcycle safety course, conducts a pre-ride safety inspection before operating a motorcycle on the newly painted riding track Aug. 18.

Safety policy revised for Area II

By Sgt. Christopher Selmek

Area II Public Affairs

YONGSAN — Arevised safety policy issued by the Area II Support Activity commander maintains many of the same regulations as the previous policy, but with a few notable changes.

The policy applies to joggers, bicyclists, skateboarders, rollerbladers, motorcyclists and operators of non-motorized vehicles.

Among Area II Command Policy 10-1's most notable changes are an increased emphasis on the importance of reflective vests and a clarification of just what qualifies as a reflective vest.

Reflective vests are required not only for motorcyclists, but for bicyclists, joggers and virtually any type of exercise.

“The last policy said the same thing about requiring vests, but now we are specifically not allowing sleeves or belts,” said Jeffrey Hyska, Area II safety and occupational health manager. “We require a trans-reflective color during the day and reflective materials such as orange or green road guard vests.”

Hyska said that the new policy was necessary to correct unsafe acts that were still technically within policy

under the old regulation.

“Some motorcyclists were just wearing a belt looped over their shoulder, which does absolutely nothing for their visibility in the daylight,” he said. “The whole goal is to make everybody more visible in all conditions to all types of traffic.”

Area II Deputy Provost Marshal Maj. Charles Chang said there will be a campaign to educate the public.

“This policy has been there in the past, but it has not necessarily been well understood by the community,” said Chang. “We’re trying to make people more aware of the policies, so we will run some campaigns throughout the year.”

“We are now requiring the wearing of reflective vests for just about everything,” said Hyska. “Whether your riding, jogging, skateboarding, rollerblading; if you’re doing anything in any type of vehicle, you need to have a vest on.”

“I see an awful lot of joggers in the housing area who don’t wear any type of reflective clothing, so it’s very difficult to see them sometimes,” said Chang. “Our policy is going to be to remind family members and civilians, what could



PHOTOS BY SGT. CHRISTOPHER SELMEK

Eighth U.S. Army Safety's Tommy Penrose demonstrates proper wear of the safety vest. The safety vest must cover a backpack.

be called a second violation policy. I think it will make everyone a little safer.”

The policy also requires people not to use headphones while driving or walking, including tiny “earbuds” that have become popular, according to Hyska. These can distract a driver from the road and increase the likelihood of having an accident.

Another safety requirement that has not changed is the necessity of all bicyclists to wear helmets.



“I see a lot of kids out riding that are not wearing helmets,” said Hyska. “This rule is for your safety. Bicyclists, no matter what their age, must wear helmets and reflective vests.”

Area II Command Policy 10-1, changed in relation to U.S. Forces Korea Regulation 190-1, Motor Vehicle Traffic Supervision, which was revised earlier this year.

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Korean Service Corps conducts mobilization exercise



Lt. Col. Paquin, Korean Service Corps commander, briefs area and group commanders on the in-processing of mobilized KSC civilians.

By Sgt. Park Jin-woo

Area II Public Affairs

YONGSAN — Two Area II Korean Service Corps companies, the 9th and 19th KSC companies, joined the annual Seoul Mobilization Exercise 2005 Aug. 16 - 18 at an elementary school near K-16 Air Base.

The KSC Battalion consists of Korean National employees providing logistics, supply, transportation and other support activities at Area II and other installations throughout the Republic of Korea.

The three-day exercise prepares for the mobilization of civilian reservists who would join U.S. military units to assist them in times of crisis. During mobilization KSC forces may swell from 2,200 to 35,000 people.

If national mobilization orders are ever issued, KSC personnel will report to mobilization points and join the corps to be sent to different units around the peninsula.

“In the event of [crisis] we would mobilize civilians who have been issued orders to join the Corps,” said Sgt. Maj. Henry Garrett, KSC sergeant major. “Our job is to turn those civilians into military so they could go out and support U.S. units.”

The mobilized civilians go through in-processing, receiving gear such as protective masks, NBC equipment, identification tags and Geneva Convention cards. They also receive training as needed on first aid, weapons

familiarization, NBC training and map reading.

Training alongside the KSC were Republic of Korea Army Reserve officers. When the KSC is fully mobilized, the reserve officers will become company commanders and platoon leaders, with the current KSC commanders serving as assistant company commanders.

“The exercise also gives an opportunity for a meeting between the ROKA Reserve officers and their company members,” said Garrett. “Also, the tenant units who will be receiving KSC personnel get a chance to brief these company commanders about their units.”

On the second day of the exercise, the KSC invited area and group commanders to help further their understanding on the capabilities and requirements of the KSC and to show the process mobilization.

“There is always room for improvements and we have had the chance to discuss some of those and things we need to put more emphasis on and additional resources,” said Col. William Kidd, 8th U.S. Army chief of staff. “But also I am very impressed with the efforts, the planning and the thought processes that the KSC has put into this as well as the mobilized ROK Army that are in support of this operation.”

E-mail ParkJinW@korea.army.mil



Above: 1st Lt. Lee Jin-sik, Republic of Korea Army Reserve officer, inspects the equipment and gear he will be issued when the time for mobilization comes.

Left: 1st Lt. Lee Keun-suk tries on the U.S. standard issue protective mask to compare it to the ROKA issue masks.

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NEWS & NOTES

School Crosswalk Volunteers Needed

Volunteers are needed to serve as school crosswalk guards. Times are 7:15–8:05 a.m., noon–1 p.m. and 2–3 p.m. For information, call Les Toth at 738-5153.

School Registration

Parents may register their elementary, middle and high school students at the School Registration Office in room 121 of the Community Service Building, Bldg. 4106. A birth certificate or passport and a shot record are required to register kindergarten and first-grade students. Command sponsorship or other eligibility documentation must also be presented for all students, depending upon military service affiliation or employment status. For information, call Mr. Kim at 738-7707.

Hannam Bike Rodeo

A Bike Rodeo for youths ages five - 15 will be held 10 a.m. - 1 p.m. Saturday at Hannam Village. The rodeo will include bike maintenance and safety tips, an obstacle course, a bike race, and a raffle of two bicycles. Participants will receive a certificate of completion and be eligible for prizes. For information, call the Drug Abuse Resistance Education office at 724-4290.

Hospital Partial Closure

The 121st General Hospital will experience

a decrease in available appointments in certain specialties through Monday. The Emergency Room will remain open. For information, call 737-6890.

Fall Bible Study

Protestant Women of the Chapel is kicking-off the new year with fall Bible study, starting 9 – 11:15 a.m. Wednesday at South Post Chapel. Please join us for a time of worship, fellowship and Bible study. Evening Bible study begins at 6 p.m. Thursday. For information, call 795-4073.

AFSC Welcome

The American Forces Spouses' Club will host a Welcome and Activities Sign-up 10 a.m. – 2 p.m. Sept. 8 at the Dragon Hill Lodge. Please join us for our annual membership drive, enjoy light refreshments and learn more about the AFSC and your Yongsan Community. For information, call 738-5311.

Labor Day Block Party

There will be a Labor Day Block Party noon – 6 p.m. Sept. 4, in front of Moyer Community Services Center and Main Post Club. For information, call 738-5254.

Filipino-American Get Together

A “Get Together” of Filipino-Americans in Korea will be held 1 – 6 p.m. Sept. 4 at Picnic Area one and two on South Post. This is a pot luck picnic with music, games and food. Bring your families, friends and guests and meet new friends. For information and to register, logon to

Free Concert offered Sept. 7

The Korean American Association is sponsoring a concert of the Korean Symphony Orchestra for United Nations Command, Combined Forces Command and U.S. Forces Korea members and families, 8 p.m. Sept. 7 at the Concert Hall in the Seoul Arts Center. Advance reservations required. To reserve free concert tickets, call 723-4685 by Wednesday. Free tickets may be picked up at the USFK Community Relations Office, Bldg. 2514, Yongsan Main Post in front of Balboni Theater Sept. 2 and 6.

MWR buses will be available to transport personnel from Yongsan Main Post to the Seoul Arts Center and return. Round-trip bus fare is \$3 per person. Personnel planning to ride the bus to the concert must pay for bus tickets in advance. Bus tickets may be purchased no later than Sept. 2 at the Multi-Game Room Information Desk, 723-3291, located in the Moyer Community Services Center, Yongsan Main Post. The buses will depart from Moyer at 6:45 p.m. and return at about 10:30 p.m. MWR will not refund unused bus tickets.

www.filam.com or call 724-8556.

Labor Day Jam

The Brothers of Lambda Xi Chapter, Omega Psi Phi Fraternity, Inc. will host a Labor Day Jam 9 p.m. – 2 a.m. Sept. 4 in the Naija Ballroom. Tickets cost \$15 in advance and \$20 at the door. Proceeds go towards providing money for scholarships and other community service projects. For information, call 010-8697-7836.

Soccer and Football League

The deadline to enter the Area II Intramural Soccer and the Area II Intramural Flag Football Leagues is Sept. 5. Coaches meetings will be held at the Collier Field House at 1 p.m. Sept. 6 for soccer and at 2 p.m. on the same day for flag football. Both leagues start Sept. 10. For information, call 736-4032.

Fall Softball League

A preseason tournament will be held Sept. 3–5. League play will begin Sept. 10. For information, call 736-7746 or 736-4032.

Commander's Hotline

Area II residents who have questions or comments for the Area II commander can voice them by e-mailing areaitownhall@korea.army.mil or by calling 738-3484.

News and Notes Deadlines

Deadline for submission to News and Notes is Friday prior to the next week's publication. Announcements will be published on a first-come, first-served basis. Submit items for publication to christopher.m.selmek@us.army.mil. Each announcement should include who, what, when, where and a point-of-contact phone number. For information, call 738-7352.

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Options abound for overcoming personal debt

By Capt. Dave Goscha
Yongsan Legal Assisatnce

If you are spending more money than you are earning each month, if your bills have put you in a place where you are living from paycheck-to-paycheck, and if you are only able to make the minimum monthly payments on your debts each month, then you need help with reducing — and eventually eliminating — your debt load. There are several practical steps you can take to begin your journey to financial freedom. For some, however, bankruptcy may be the only way to gain a financial fresh start.

Tips for Reducing Debts

For those burdened by consumer debt, the best solution is to roll your credit cards or consumer debts over to a low-interest credit card or a personal loan from your bank or credit union. Pay the one debt down as quickly as you can. This debt reduction plan only works if you pay more than the minimum payment on the consolidated debt and if you destroy or restrict your ability to use the lines of credit that were freed up by your balance transfer.

Live a modest lifestyle. Live like you were receiving the base minimum pay afforded by the Department of Defense. The majority of the bonuses, AIP, separation pay and Cost of Living Allowance you receive while you serve in Korea should be put toward getting out of debt. This will help relieve “CONUS Shock Syndrome,” which is a condition caused when receiving your first paycheck after returning to the United States.

To live modestly, you must realize that your value as a person does not come from what you own. Buying and owning things should never be your source of self worth.

Create a budget and stick to it. Do not impulse-buy with credit and do not create new debt. You cannot get out of a hole that you are continually digging. If you are considering buying something on credit, put it in your shopping cart for an hour and walk around while thinking about your budget. Once you decide to put the item back, your budget and your cardiovascular health will thank you. Alternatively, you can leave your credit card where you cannot incur debt on an impulse.

If you continue to have difficulty managing your debts, contact your creditors directly and negotiate your accounts with them. Do not wait for them to turn your account over to a debt collector. Be proactive by explaining your circumstances to those who you owe money to. Approach them with a repayment plan that will work within your budget.

If your creditors will not work with you on your terms, you can contact a credit counseling service. Do not confuse these services with debt consolidation businesses. Consumer credit services are non-profit organizations that are usually licensed by a state, and/or certified by the Better Business Bureau.

They usually offer free debt counseling and management courses. They may offer to set up a Debt Management Plan for you. Under a DMP, you will substitute paying your creditors with paying the credit service one monthly amount. The service then negotiates with your creditors in order to get them to accept a portion of that single payment.

Before entering into a DMP, ensure that the service you employ is non-profit, is licensed, has a good reputation and offers free services without any commitments. If you use a credit counseling

service and/or a DMP wisely, it could keep you from filing bankruptcy.

Declaring Bankruptcy

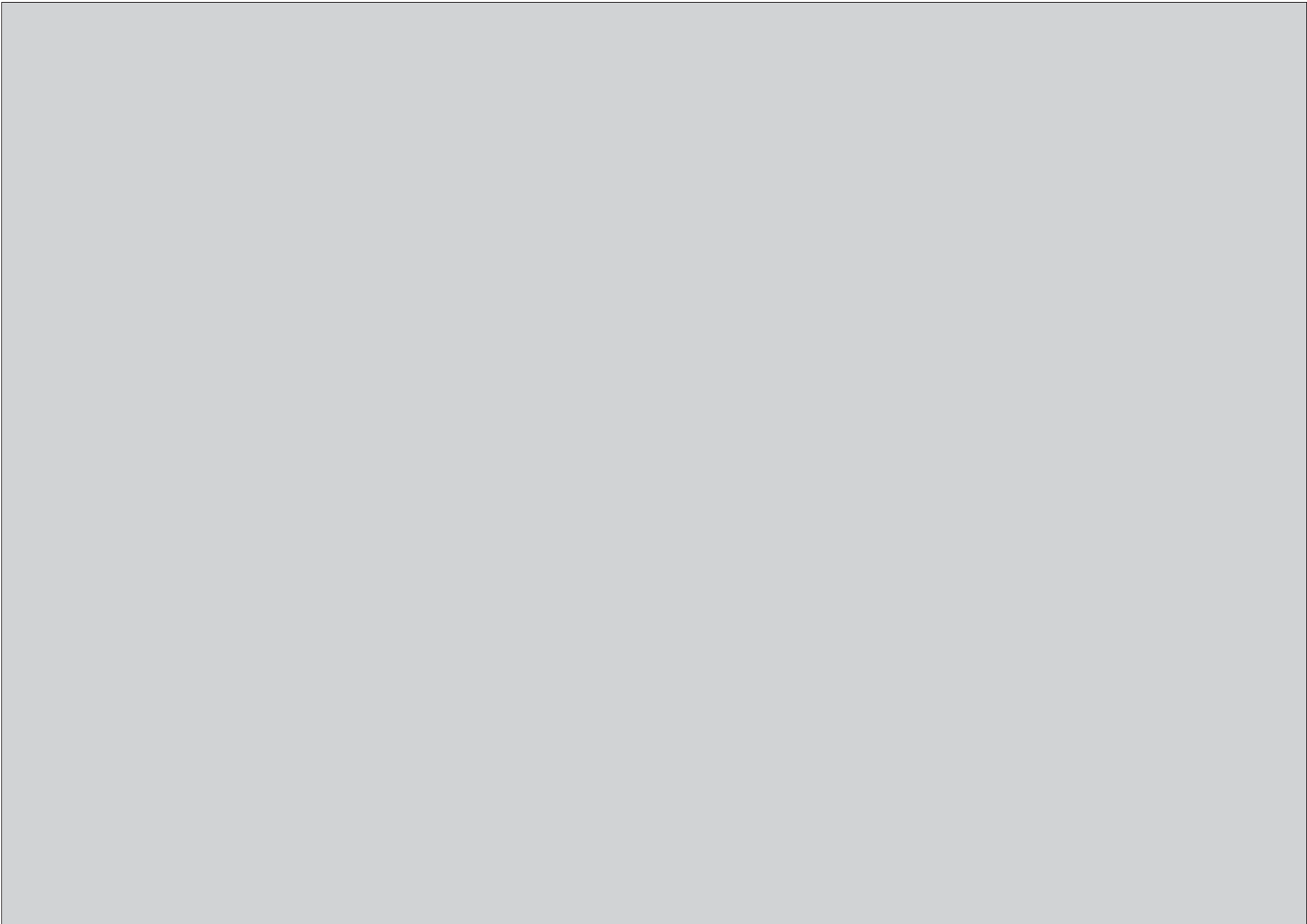
For some, there is no other alternative to debt relief but declaring bankruptcy. In 2004, 1.6 million people filed for bankruptcy. The individual consumer’s ability to file for Chapter 7 bankruptcy relief (liquidation) has been significantly effected by recent updates in the law. Those new laws will go into effect Oct. 17.

The most prominent change in the law is that individual creditors whose income is over their state’s median income (taken from Census Bureau information) must file a Chapter 13 bankruptcy (reorganization) instead of a Chapter 7. Ordinarily, a Chapter 13 reorganization plan pays off your debts over 3-5 years.

Under the new law, if the debtor’s income is over the state median, that person will have to file a five-year debt repayment plan. Furthermore, the amount of your pay that the plan will allow you to retain for living expenses will be dictated by a schedule of IRS-allowed expenses, rather than your actual living expenses.

Most Soldiers’ incomes do not approach the mark where they will be forced into a Chapter 13 bankruptcy. For those who must seek relief from the bankruptcy courts, they are still able to use the force of federal law in order to gain a fresh financial start. However, debtors must consider that filing bankruptcy will negatively impact their ability to obtain credit for several years.

Savvy debt reduction strategies, though, can give you effective debt relief without the drawbacks of filing a bankruptcy.



Aug. 26 - Sept. 1

REEL TIME

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AAFES THEATER	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
CASEY 730-7354	War of the World PG-13	War of the World PG-13	Dukes of Hazzard PG-13	Dukes of Hazzard PG-13	Herbie: Fully Loaded G	Herbie: Fully Loaded G	Update PG
ESSAYONS 732-9008	Batman Begins PG-13	House of Wax PG-13	Mr. & Mrs. Smith PG-13	No Show	Land of the Dead R	Land of the Dead R	Update PG
HENRY 768-7724	The Honeymooners PG-13	Stealth PG-13	Stealth PG-13	War of the World PG-13	No Show	No Show	No Show
HUMPHREYS 753-7716	Dukes of Hazzard PG-13	Dukes of Hazzard PG-13	Dukes of Hazzard PG-13	War of the World PG-13	War of the World PG-13	Bewitched PG-13	Update PG
HIALEAH 763-3120	Stealth PG-13	The Honeymooners PG-13	Batman Begins PG-13	No Show	No Show	No Show	No Show
HOVEY 730-5412	The Perfect Man PG	Dukes of Hazzard PG-13	Bewitched PG-13	Bewitched PG-13	Dukes of Hazzard PG-13	War of the World PG-13	Update PG
KUNSAN 782-4987	The Island PG-13	The Island PG-13	Bewitched PG-13	No Show	No Show	No Show	Update PG



Bewitched -- When Jack accidentally runs into Isabel, he becomes convinced she could play the witch Samantha in his new TV series. Isabel is also taken with Jack, seeing him as the quintessential mortal man with whom she can settle down and lead the normal life she so desires. It turns out they're both right—but in ways neither of them ever imagined.



The Perfect Man Holly conceives the perfect plan for the perfect man—an imaginary secret admirer who will romance her mother Jean and boost her shaky self-esteem. When the virtual relationship takes off, Holly finds herself having to produce the suitor, borrowing her friend's charming and handsome Uncle Ben as the face behind the e-mails, notes and gifts. Holly must resort to increasingly desperate measures to keep the ruse alive and protect her mom's newfound happiness, almost missing the real perfect man when he does come along.



Deuce Bigalow: European Gigolo -- Deuce Bigalow is seduced back to his unlikely pleasure-for-pay profession, when his former pimp T.J. Hicks is implicated in the murders of Europe's greatest gigolos. Deuce must go back to work in order to clear his good friend's name. Along the way, he must compete against the powerful European Union of prosti-dudes and court another bevy of abnormal female clients including the beautiful Eva, who suffers from acute obsessive-compulsive disorder.



Land of the Dead In a modern-day world where the walking dead roam, the living try to lead "normal" lives behind the walls of a fortified city. Outside the city walls, an army of the dead is evolving. Inside, anarchy is on the rise. With the very survival of the city at stake, a group of hardened mercenaries is called into action to protect the living from an army of the dead.



The Dukes of Hazzard Bo and Luke Duke, who with the help of their eye-catching cousin Daisy and moonshine-running Uncle Jesse, try and save the family farm from being destroyed by Hazzard County's corrupt commissioner Boss Hogg. Their efforts constantly find the "Duke Boys" eluding authorities in "The General Lee," their famed 1969 orange Dodge Charger that keeps them one step ahead of the dimwitted antics of the small southern town's Sheriff Coltrane.



War of the World Ray is a working class man living in New Jersey. He's estranged from his family, his life isn't in order, and he's too caught up with himself. But the unthinkable and, ultimately, the unexpected happens to him in an extraordinary sense. His small town life is shaken violently by the arrival of destructive intruders: Martians which have come enmasse to destroy Earth.

AAFES THEATER	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
LONG 721-3407	Unleashed R	Fantastic Four PG-13	Fantastic Four PG-13	Crash R	No Show	No Show	No Show
OSAN 784-4930	Deuce Bigalow: European Gigolo R	Deuce Bigalow: European Gigolo R	Deuce Bigalow: European Gigolo R	War of the World PG-13	War of the World PG-13	Bewitched PG-13	Update PG
RED CLOUD 732-6620	Dukes of Hazzard PG-13	Land of the Dead R	Land of the Dead R	The Perfect Man PG	The Perfect Man PG	No Show	Update PG
STANLEY 732-5565	The Perfect Man PG	War of the World PG-13	War of the World PG-13	Herbie: Fully Loaded G	No Show	Deuce Bigalow: European Gigolo R	Update PG
YONGSAN I 738-7389	Deuce Bigalow: European Gigolo R	Deuce Bigalow: European Gigolo R	Deuce Bigalow: European Gigolo R	Bewitched PG-13	Bewitched PG-13	Bewitched PG-13	Update PG
YONGSAN II 738-7389	Deuce Bigalow: European Gigolo R	The Pacifier PG	The Pacifier PG	Cinderella Man PG-13	Cinderella Man PG-13	Batman Begins PG-13	Update PG
YONGSAN III 738-7389	The Honeymooners PG-13	The Honeymooners PG-13	The Honeymooners PG-13	War of the World PG-13	War of the World PG-13	War of the World PG-13	Update PG

God shows us how to love unconditionally

By Chaplain (Capt.) Steve H. Shin
728th Military Police Battalion

How can we understand God’s love? To find out, we turn to the Bible, God’s love letter to his children. I would like for us to apply this knowledge to loving our spouse, children and others.

When you “fall in love,” you don’t hold back feelings, emotions, money or time. God also does not hold back when it comes to showing his love. When God “gave his one and only Son,” he sent him from heaven to earth and for him to die on the cross. That’s truly not holding back anything.

It is also a love that isn’t conditional. It is an unconditional love. We are more familiar with conditional love: If you love me, I will love you back. As long as you are beautiful, I will love you. As long as you have money, I will love you. As long as you are healthy, I will love you. On the other hand, God loves you while you are imperfect. He doesn’t wait until we are perfect.

God’s love is powerful in that it will overpower rejection. My understanding of God’s love is that he will “pursue”

until he gives his love. Our human love may be rejected. Except for few of you, some of us received rejection, once, twice or even more. God’s faithfulness overcomes rejection. If God has chosen you to receive his love, you will receive his love.

How does God love you? He loves you mercifully. He loves you mercifully in that he doesn’t discriminate. This blessing of life isn’t just for Jews, the rich, the beautiful, the educated, the religious; but for people of all nationalities. It’s

for people of all kinds of backgrounds and occupations. It is for people of all ages. It is for people of all walks of life.

God’s love produces a result that is perfect in every aspect because it satisfies his will. What he did for us is completely unattainable through our work. It is a blessing, which we do not deserve and yet we are allowed to receive and keep for eternity.

Let us love one another in the same way, unconditionally, with no strings attached.

“God’s love produces a result that is perfect in every aspect ...”

Area IV Worship Services Protestant

Collective	Sunday	10 a.m.	Camp Carroll
		10:45 a.m.	Camp Hialeah
		10:30 a.m.	Camp Walker
Apostolic		1 p.m.	Camp Hialeah
Collective		10:30 a.m.	Camp Henry
		12:45 p.m.	Camp Walker
		1 p.m.	Camp Carroll
Korean	Wednesday	7 p.m.	Camp Walker
	Sunday	6 p.m.	Camp Hialeah
	Tuesday	6:30 p.m.	Camp Carroll

Catholic

Mass	Wednesday	6:15 p.m.	Camp Walker
	Sunday	9 a.m.	Camp Walker
		9 a.m.	Camp Hialeah
		11:30 a.m.	Camp Carroll
	Saturday	5 p.m.	Camp Walker

Pianist Sought

The U.S. Army Contracting Command Korea has a contract opportunity for the following:

Pianist for the 1 p.m. Sunday Protestant Worship Service at the K-16 Chapel, RFQ No. W91QVN-05-T-1284.

The solicitation package will be available through Sept. 3, at <https://contracting.korea.army.mil/contracting/KR/index.asp>. For information, call Dana Pavey at 724-6296/Commercial 7914-6296.

Ad goes here

Korea's roadside beauties: flowers for all seasons

By Roger Edwards

Area III Public Affairs

CAMP HUMPHREYS – Korea's rural roads offer an ever-changing vista of growth. Forests and fields, farms and

towns all share the color of green, growing things. From time to time, the roads also offer a splash of color – even when it's not expected.

The pictures below (and many more)

were all taken within five miles of Camp Humphreys in Gyeong-gi Province and all within a few feet of a paved road. They were all taken during the last week of July and the first few weeks of

August. Some are wild, some cultivated.



PHOTOS BY ROGER EDWARDS

Bold and gold, squash flowers seem to be everywhere, cultivated and wild.



Marigolds are an international favorite, found in gardens in both Korea and America.



This blossom is known as Jeop-si-kot in Korean, the "Dish" flower.



Named "Cosmos," the universe flower lines the roads in shades of blue, white and yellow.



Unidentified, these flower clusters grow on a large bush favored by many Korean homeowners.



Weeds are sometimes wild flowers too. These resemble tiny Daises, smaller than the diameter of a pencil eraser.



The wild To-ra-ge, with its edible roots, displays blue and white blossoms.



The Kun-gae-kok, Golden Hand, grows wild along many urban and rural roads.



The "Paek-ill-hong," literally translated to the "100-Day Red Flower" is reputed to retain its scarlet coloration for 100 days.



The Moo Goong-hwe or Rose of Sharon is loved by the Korean people who have made it their national flower.

The wild flower pictured here resembles the plant known as "Cow Oak" in the southern states of America.



The blossom of the Mimosa or Silk Tree (above) carries a peachy aroma. Cultivated in America, the Cham-ma-ri or Tiger Lily (right) grows wild in Korea.





Rockers Tour Area I

Armed Forces Entertainment and Morale, Welfare and Recreation have teamed up to bring the rock 'n' roll group, Jason James & the Bay State House Rockers, to Area I installations. The group will perform at Camp Stanley's Reggies Friday, Camp Hovey's Iron Triangle Friday, Camp Red Cloud's Mitchell's Sunday, and Camp Casey's Primo's Tuesday. Each show begins at 7 p.m. for information, call 732-6819.

Labor Day Weekend Block Parties

Camp Red Cloud

CRC's Labor Day Weekend Block Party will be at the parking lot of Mitchell's, Sept. 5. Events will include the Military Idol Installation Qualifier, Morale, Welfare and Recreation live bands, inflatable games, chili cookoff, food booths, tae kwon do demonstration and door prizes. Units wishing to take part in the activities may call 732-9020.

Labor Day weekend activities are also planned at other Area I installations.

Camp Casey/Hovey

The Camp Casey/Camp Hovey block party will be Sept. 3, with MWR bands beginning to play at 4 p.m. Food and beverage vendors will also open at that time, with the Military Idol preliminary starting at 7 p.m. Festivities will move to the Hovey CAC Outdoor Stage Sept. 5, with MWR band beginning at noon at the same time food and beverage opens. The Camp Casey/Hovey Military Idol Qualifier is at 1 p.m. The Latino musician, Tito Puente Jr. entertains at 7 p.m.

Lotte World Tour

The Camp Red Cloud Community Activity Center offers a tour of Lotte World Saturday. Interested persons may register at the CAC. For information, call 732-6246.

Golf Course Breakfast

The Camp Casey Golf Course Restaurant is serving breakfast from 6-9 a.m., Monday thru Friday. For information, call 730-4334.

Bowling Center Specials

The Camp Casey Bowling Center offers many special events during the summer months, including:

Purchase a Mean Glean's Burger combo meal or 14" pizza and get one free game as part of the free bowling program, 11 a.m. to 2 p.m., Monday thru Friday; The Camp Hovey Bowling Center offers Dollar Bowling Sunday thru Thursday. For information, call 730-5168.

Yongsan plans action-packed Labor Day block party

Area II Public Affairs

YONGSAN GARRISON — Latin music star Tito Puente Jr. will headline the Yongsan Labor Day Block Party Sept. 4 in Seoul.

Son of Latin music legend and Latin Grammy Award-winner Tito "El Ray" Puente, who died in 2000, Puente Junior's music has been described as "a fusion of popular Latin jazz and dance, laced with influences of mambo, Cha Cha and Merengue." He has received a Latin Music Award for Best Salsa Video of the Year for "Oye Como Va," has two Spanish-language albums and several dance hits.

Puente will perform at 7 p.m. on a stage behind the Moyer Community Services Center, Building 2259, on Yongsan Main Post.

Mario Farrulla, Area II chief of community entertainment, said the Labor Day Block Party will have something for everyone, including a community carnival with food and beverage concessions, games and entertainment.

Units that wish to sponsor a booth or concession should call 738-5254.

"We had around 2,000 people last year and look for even more this year," said Farrulla.

Farrulla said two stages will be set up in the parking lot behind Moyer and in front of the Main Post Club, along with seating and bleachers. An entire area will be devoted to kid's games.

A "Best Pie" contest will also be held. Judging for appearance, taste and recipe will begin at 4 p.m. in front of the Main Post club. Prizes will be awarded on stage one at 6:30 p.m. Register at the Moyer Community Services Center and bring your pie Sept. 4.

For information, call 723-3291 or e-mail Mario.farrulla@korea.army.mil. The block party schedule of events is:

10 a.m.-2 p.m.	Flea Market (under bridge by Moyer CSC)
Noon	Carnival opens / DJ music
12:30-12:55 p.m.	Child and Youth Service group performance
1:05-1:50 p.m.	MWR band "Blue Eyze"
1:50-2:10 p.m.	Children hoola-hoop contest
2:15-3 p.m.	MWR band "Blue Eyze"
3:05-3:20 p.m.	Youth limbo contest
3:35-5 p.m.	MWR band "E-Sharp"
5-5:30 p.m.	Adult hotdog eating contest
5:30-6 p.m.	Adult squats contest
6 -6:30 p.m.	Best Pie contest winners announced
6:30-7:30 p.m.	DJ music
7-8:30 p.m.	Tito Puente Jr. show
8:30-9 p.m.	Autograph/photo session
9:30 p.m.	Activities end

Rookie powers Army stock car to top-10 finish in premier race

By Maj. William Thurmond

Army News Service

BROOKLYN, Mich. — Twenty-year-old Kraig Kinser definitely knows how to make a good first impression.

Making his first start in a stock car for last night's ARCA-RE/MAX Hantz Group 200 race here, he demonstrated poise and grit, finishing eighth in 41-car field that included many seasoned racing veterans.

Climbing from the car following the race, a sweat-soaked Kinser downplayed his strong showing.

"I came here to learn and not to change the world," said Kinser. "I am very happy that we got all of the laps in — I learned plenty today and had a lot of fun."

"I'm happy to be representing the Army and I hope I made them proud tonight."

Kinser's performance capped a week full of racing firsts for the MB2 Motorsports developmental driver.

Last weekend he won the World of Outlaws sprint car Knoxville Nationals, his first championship in that series. It's a distinction he now shares with his dad, Steve, who has won that title 12 times.

Seeking to capture lighting in a bottle, MB2 quickly assembled a joint venture between the Army and fellow sponsors CENTRIX Financial and the Rally's restaurant chain to see if the young driver was ready to move from dirt to pavement.

Apparently, he was.

He qualified second and earned himself a front-row starting spot. In fact, he missed the pole slot by a mere third of a second.



BY MAJ. WILLIAM THURMOND

Kraig Kinser's Army pit crew cheers the rookie driver on as he completes his first stock car pit stop during Friday's Hantz Group 200 ARCA RE/MAX race.

Kinser stayed up front for the rest of the night, staying within the top 10 except for when he had to pit and take on fresh tires and fuel. And once refreshed, he soon clawed his way back through the field towards the front.

If Kinser was intimidated by the speed or the concrete walls zooming by at 185 miles per hour, he didn't show it. On several occasions he went three wide as he passed slower cars on Michigan Speedway's banked turns.

He saved his strongest feat for the end of the race, as he stormed from past seven competitors in the closing nine green flag laps.

Doug Randolph, MB2's manager of driver development and acting crew chief for Kinser, was thrilled with his

driver's debut.

"(Kraig) was passing cars three wide with no fear - that's the talent we're looking for," said Randolph. "Had we had six to eight more green flag laps at the end of regulation, we would have probably finished as high as fourth. We just ran out of laps."

Despite his strong showing, Kinser did not appear ready to rest on his laurels. Just minutes after the end of his first race he was turning his new-found knowledge into strategy.

"I definitely have to work on a few things — my restarts, going through the gears and coming in and out of pit road. We now have 200 miles under our belt that we never had before. It was a good start and I am ready to do it again."

Heads for Fort Myer in September

BOSS president picked for "Old Guard" assignment

By Roger Edwards

Area III Public Affairs

CAMP HUMPHREYS – A Camp Humphreys' Soldier has been selected to become a member of the Army's premier performance team, The Old Guard. Spc. Christopher Mastromarino is leaving Korea in September to be reassigned to Fort Myer, Md.

Mastromarino is a military policeman who became president of Camp Humphreys' Better Opportunities for Single Soldiers and Area III coordinator for the group.

"I knew I was coming to the end of my assignment here," he said, "and looked around for a place where I thought I would enjoy being assigned. I've always admired the Old Guard, and it's fairly close to home, so I put in my application."

"I got some good letters of recommendation when I applied for assignment to the Old Guard," he said, "and I guess they liked what they saw in my jacket. When I checked my Army Knowledge Online account in July I found out I'd been selected."

Camp Humphreys was Mastromarino's first duty station following training. "I've been in the Army just a little over two years," he said. "I spent my first eight months in country as a military police driver. Then I got selected to be the unit armorer and worked in weapons maintenance, records, ammunition issue and did minor repairs."

"I was in the arms room for about a year, and started doing volunteer stuff," he said.

Mastromarino was moved from the arms room to "Barracks and Facilities." While there he worked

with other volunteers and helped raise about \$1,400 for unit funds. He also became the unit representative to BOSS and was elected president of the Camp Humphreys organization. "I have 350 hours of volunteer community service here at Camp Humphreys," he said.

He was attached to Area III Command Sgt. Maj. Robert Frace in June, where he worked BOSS full time.

The 23-year-old Mastromarino calls Bowie, Md., home. He was graduated from Arundel Senior High School in Crofton, Md., in 2000, one of an 800-member graduating class, and joined the Army.

"I enjoy doing outdoors things," he said. "I like camping and hiking, and doing things with friends and family."

Mastromarino says that he has made some good friends here. "I've made it a point to get out and learn something about Korea and her people," he said, "and I've spent a lot of time with our [Korean Augmentation to the U.S. Army] brothers. An assignment to Korea is a real opportunity to learn something of the world."

The Old Guard is officially the 3rd United States Infantry Regiment. While the vast majority of Americans recognize the Old Guard as the Army's premier performance team, the unit is much more. Its missions include:

- Deployment by air or land to conduct NBC operations, conduct area security operations, and control civil disturbances in support of the Military District of Washington's defense to the National Capital Region.

- Support NORTHCOM in homeland defense and civil support.

- Support Joint Force Headquarters-National Capital Region in homeland defense and with military assistance to civil authorities in the National Capital Region Joint Operations Area to safeguard the Nation's capital.

As a performance unit The Old Guard maintains the U.S. Army Drill Team, a team that has earned an international reputation for excellence for its routines with bayonet-tipped 1903 Springfield rifles. The Old Guard also fields the Continental Color Guard, which performs in Revolutionary War-style uniforms; The Old Guard Caisson

Platoon which performs funeral services at Arlington National Cemetery; and the Presidential Salute Battery, which is responsible for rendering honors to visiting foreign dignitaries and heads of state at the White House, the Pentagon and elsewhere in the Washington D.C. area. The battery also fires the final salutes during many funerals at Arlington National Cemetery. It is the only unit of its kind in the Army, and its busy schedule includes more than 300 ceremonies each year.

In the best known of its missions, the Old Guard is responsible for guarding the Tomb of the Unknown Soldier.



ROGER EDWARDS

Spc. Christopher Mastromarino, BOSS president, at one of this summer's block parties at the Community Activities Center



U.S. ARMY PHOTO

Spc. Christopher Mastromarino, professional Soldier, in the photograph he used when applying for assignment to the "Old Guard."

AUSA sponsors "Life in Korea" essay contest

Area III Public Affairs

CAMP HUMPHREYS – Korean corporate members of the Association of the United States Army are once again offering cash prizes in an essay contest for American servicemembers, retirees, civilian employees and dependents and for Korean Augmentation to the United States Army Soldiers.

The writer who submits the best essay on "Life in Korea" will win one million Won (about \$1,000) as the Grand Prize. Two first prize

winners will each receive 700,000 Won (about \$700) and three



second place winners will get 500,000 Won (about \$500) each.

"Our Korean corporate members have been sponsoring this contest for 11 years," said John

Petersen, AUSA vice president for Corporate Affairs. "Winners will be guests at the AUSA Christmas Party this December, and will receive their prizes at that time."

"The essays will be judged by University of Maryland instructors," he said. "Essays will be judged technically (spelling, punctuation, etc.) as well as on content."

"But write a good story," Petersen said. "Write something the judges will enjoy reading."

Essays must be based on the author's personal experience in Korea in either the work or social environment. They

must be between 1,000 and 2,000 words long, double-spaced, in MS Word format. Each entry must have a brief resume of the author and must include full name, telephone number, unit and mailing address.

Entries must be e-mailed to john.petersen1@korea.army.mil, or printed out and mailed to:

The Korea Chapter of AUSA
ATTN: Mr. Petersen
PSC 450, Box 389
APO AP 96206-0389

Deadline for entry is Oct. 28, and winners will be announced Nov. 23. For information, call 723-5209.

NEWS & NOTES

Help Wanted

Applications are being accepted for full and part time Child Care Givers at the new Camp Humphreys Child Development Center. Applicants must be 18 or older, able to lift 40 pounds, able to read and write English, a U.S. citizen, available between 5:30 a.m. and 6:30 p.m. and able to pass a background check required for working with children. Forms are available at the Civilian Personnel Office. Call Mr. Son-son at 753-8773 for information.

Area III School Registration

The Humphreys American Elementary School office is now open Mon-Fri from 8 a.m. to 4 p.m. for on-going student registration. Command and non-command sponsored families are encouraged to register before the first day of school. Please bring the following documents when registering:

- birth certificate
- immunization record
- PCS orders to Korea
- Social Security card for student
- AIP/extension documents if applicable
- A passport with SOFA stamp is required for all non-command sponsored students

For information call 753-8894.

Ration Control Hours of Operation

Ration control is now open Mon, Tue, Wed and Fri 10 a.m. to 4:30 p.m. Ration control closes for lunch from noon to 1 p.m. daily. The office is closed each Thur. and on the 1st and 3rd Tues of the month for required trips to Yongsan and to Camps Eagle and Long. For information call 753-6123, or go to the Ration Control Website at <http://pimsk.korea.army.mil/default.aspx> for information and to check your purchase history.

5th Annual Pyeongtaek Port Half-Marathon

The annual Pyeongtaek Port Half-Marathon is scheduled for Oct. 30 and the first 90 Area III Soldiers, civilians and family members to register are invited to participate for free. Participants may choose the 5K or 10K run. **To run in the event, participants must be registered by COB Sept. 8.** Register by contacting Peter Yu, Area III Community Relations Officer, at 753-7652, via fax at 753-7836, or via e-mail at YUP@Korea.army.mil. For information call 753-7836.

Humphreys librarians provide Soldiers comfort, information, recreation

By Eric Griess and Roger Edwards
Area III Public Affairs

CAMP HUMPHREYS – Soldiers and their families at Camp Humphreys enjoy the benefit of having a good place to go to make the acquaintance of new books and to meet up with old ones, as well as a comfortable place to catch up on the latest

To read a book for the first time is to make an acquaintance with a new friend; to read it for a second time is to meet an old one.

Anonymous

magazines, use a computer to go online, or check out a movie on tape or DVD.

"Camp Humphreys' library is a welcoming place for everyone," said Darrel D. Hoerle, library manager. "We try to make the library as comfortable as possible, but it's been a challenge.

"We've adding brand new lounge chairs and a children's room," he said, "and I hope this helps to accommodate both young and old."

Hoerle has two goals in mind as the library manager. The first is to "support education programs and provide a large data base." The second is to "support the Army family with more books – especially children's books."

Hoerle enjoys working with books and information, and enjoys building the library's collection of books.

"With only a small area to put all the books in, it is not an easy task to choose new ones," he said.

He does his best to build the library with books that support education programs and that reflect current

interests such as the war on terror. He also orders classics that he believes every library should have."

Librarians obviously play a large role in keeping the library together. Yun Chun Ki is one of those librarians and has the longest history at the Humphreys library. After working here as a

librarian for more than 30 years, he has seen the base grow and evolve, and tastes in reading material change. "I've worked at other libraries though, he said. "During my 50 years as a librarian, I've worked at 12 different libraries."

Hye Yong Song, another important librarian, has worked in the Humphreys' library for five years and has much to

say. Song enjoys her job because "[the library] can change the Soldiers' lives every day, mentally." One of the goals for Song as a librarian is to make the customers as comfortable as possible, improving the quality of their lives in an indirect way.

"The library," she said, "benefits the Soldiers because it allows them to borrow anything and also "provides access to many different kinds of entertainment."

Song and the library staff say they are "flattered" to hear that some Soldiers say the library is their favorite place to hang around.

She admits, though, that Korean Augmentation to the U.S. Army Soldiers are the ones borrowing books, while Americans are mainly interested in going on the web or borrow DVDs. Nevertheless the library can be a great place to stay any time you want.



ERIC GRIESS

Librarian Cho Mu Hyong places one of the hundreds of books back on a shelf. The librarians, along with manager Darrel D. Hoerle, play a vital role in keeping the library a welcoming facility for Camp Humphreys Soldiers, civilians and family members.

'Doing it right'



U.S. ARMY PHOTO

Pfc. Matthew Gomes (center left) and Spc. David Thompson (center right), both members of Charlie Company, 2-52 Aviation, were "doing it right" Aug. 9, according to Alfred Stilley, Area III Safety (right). "They were driving their GATOR across the MEDEVAC parking ramp," he said. "They were wearing both head and eye protection and moving at no more than a fast walk – unaware that they were being watched. They were doing what they were supposed to be doing – and being safe because of it." Stilley and Airfield Commander CW3 Bryan Boyd (left) were doing a Safety Impact Walk-Around, observing people and checking on safety, when they spotted Gomes and Thompson. "We stopped them there," said Stilley, "and presented them with Safety Impact Awards (mini-mag flashlights) in recognition of the contribution they make to safe operations. I'd like to see everyone be as safe as Gomes and Thompson."

Treats visitors to local tour

Hwasung City hosts Humphreys Soldiers, family members

By F. Neil Neeley

Area III Public Affairs

CAMP HUMPHREYS – Soldiers and family members from Camp Humphreys had the chance recently to explore some of the cultural sights around Gyeonggi-do Province. Thanks to the generosity of Hwasung City, 25 individuals enjoyed a free day-long tour of the area.

Their first stop was at the Yongju-sa Temple located just south of Suwon.

Yongju-sa is a functioning temple and was originally founded by a king of the Silla Dynasty. It was destroyed during a war but was later rebuilt by a king of the Chosun Dynasty.

The Humphreys visitors were given a tour of a museum at the temple housing national and local government designated treasures.

Following the tour, the visitors had an opportunity to make an ink on paper print for souvenirs from biase relief carved blocks of wood and stonethat are hundreds of years old. The blocks were carved by monks to illustrate Korean Buddhist themes.

The next stop on the journey was the community center in the village of Jang-yi. There the visitors were given a demonstration on coloring fabric using dyes made from natural ingredients. Later they got to try coloring a piece of fabric themselves using the natural techniques, producing subdued, pastel shades.

After the fabric coloring lesson it was time for lunch. The visitors dined at a nearby restaurant where they had a choice of bibimbop or Korean seafood noodles.

Following lunch, the weary folks from Humphreys relaxed aboard a boat, as they took a water tour of Jeongok Harbor.

Cultural exchanges such as this are a regular occurrence at Humphreys. Be sure to keep an eye on the “News and Notes” in The Morning Calm Weekly, and on the command channel for the next chance to tour in Korea and to learn about the culture and history.



Sgt. Dena Fisk, 2-52nd Avn. (left) Yu Pom-Tong, Area III community relations officer (center), and Kim Yang Sook, Hwasung City Agricultural and Technical Institute (right), remove natural coloring agents from a pot in preparation to coloring fabric the natural way.



A guide at the Yongjusa Temple museum explains one of the many national treasures housed there to visitors from Camp Humphreys. The Humphreys group toured the temple as part of a day tour sponsored by Hwasung City.

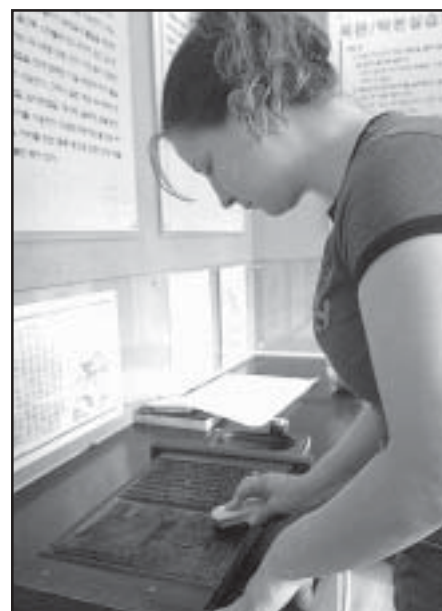


PHOTOS BY F. NEIL NEELEY

The entrance to Yongjusa Temple (above) as seen from the right side. Yongju-sa is a functioning temple and was originally founded by a king of the Silla Dynasty. It was destroyed during a war but was later rebuilt by a king of the Chosun Dynasty. At the top of the page is a view of a building housing a Buddhist shrine on the Yongjusa Temple grounds.



First Sgt. Derrick Merriwether of D Company, 2-52 Aviation Regiment, Proudly displays his finished tie-dyed fabric to his delighted wife Alisa and son Derrick Jr.



Sgt. Veronica Solorio, 3rd MI, inks a stone carving in preparation to making a traditional Korean stone rubbing. Solorio toured the Yongjusa Temple with a group from camp Humphreys July 23.

Ad goes here

55th TMMC cases colors, inactivates

Operations, personnel now integrated with 19th Theater Spt. Cmd.

By Master Sgt. Kimberly Williams

19th Theater Support Command Public Affairs

CAMP HENRY -- As the 19th Theater Support Command and the entire U.S. Army continue to transform, another Team 19 subordinate command rolled up its flag for the last time when the 55th Theater Materiel Maintenance Center conducted an inactivation ceremony Aug. 17 at the Camp Henry Theater.

"As part of the overarching Army transformation, all materiel management centers are being distributed to theater support commands, theater support command deployable command posts and sustainment brigades," said Brig. Gen. Timothy P. McHale, commanding general of the 19th TSC, who spoke at the ceremony.

The 55th TMMC, who's motto was "Checkmate," became part of the 19th TSC in 2000 and provided outstanding support ever since, he said.

Even though the 55th TMMC designation is gone, the experience and professionalism of its personnel are still with Team 19, as they are now integrated with the 19th TSC Support Operations section, McHale said.

"The legacy of a unit is in its people, and that will never change," he said.

The 55th was a multi-component unit, with its active-duty portion based at Camp Henry and the Reserve component based at Fort Belvoir, Va.

The active-duty component had responsibility for the theater-level wartime readiness of the

Eighth U.S. Army, 2nd Infantry Division and more than 18 subordinate commands throughout the Korean Theater of Operations, while the Reserve component covered four Training Divisions, four Regional Support Commands and more than 20 major subordinate commands on the eastern half of the United States.

"In all, the 55th TMMC managed more than 18 billion dollars worth of equipment and stock," McHale said.

The scope of their operations is even more impressive considering that on the active duty side there were less than 200 personnel in the unit, he said.

McHale went on to give examples of the "Checkmate" team's contributions, such as managing the retrograde of 41,000 tons of obsolete, unserviceable and excess ammunition; assisting in the deployment of the 2nd Brigade Combat Team's deployment to Iraq; shipping 219 up-armored humvees to Southwest Asia and assisting in the retrograde of 28 Blackhawk and 15 Chinook aircraft from the peninsula.

Col. Carleton M. Smith, commander of 55th TMMC, handed over the unit colors for the last time to McHale before he gave his final remarks.

He reminded the audience that change is not new to this unit, and that the 55th TMMC personnel



PFC. PARK MYUNG-JOON

As the unit commander, Col. Carleton M. Smith (right) holds the 55th Theater Materiel Maintenance Center colors, Sgt. Maj. Jerry L. Butler rolls them up for the final time during the 55th TMMC inactivation ceremony Aug. 17 at the Camp Henry theater.

would rise to the challenge, no matter what unit designation they fall under.

"These aren't mere words or hopeful sentiments, for since early this spring they have established this fact through daily world-class support and their great mission execution during RSOI," Smith said.

Smith, who is leaving to serve with III Corps at Fort Hood, Texas, thanked everyone from Soldiers to civilians to Republic of Korea Army counterparts for their support during his time in command.

"Thank you again for being here today and your support of our unit," he said. "For one last time: Checkmate! Team 19! Katchi Kapshida!"



PVT. PARK KWANG-MO

Area IV Soldiers Try New Gear

Master Sgt. Matthew W. DeLay helps Spc. Nathan C. Fisher adjust the four attachment point chinstrap system on an Advanced Combat Helmet during Sergeant's Time Training for Area IV Support Activity Soldiers Aug. 18. The Soldiers were briefed on the Rapid Fielding Initiative in which Soldiers will be issued a variety of new, high-tech gear such as improved uniform components, protective equipment and weapons. The Soldiers were familiarized with the many RFI components and had the opportunity to try on uniforms and equipment, as well as to handle the M4 rifle, the Army's replacement for the M16. New equipment for all Soldiers includes the ACH, knee and elbow pads, the modular sleeping system, ballistic spectacles and more. In addition to individual gear, the RFI includes several new unit-issue items such as the Tactical Assault Ladder System.

NEWS & NOTES

POW/MIA Day

The Hill 303 Memorial, VFW Post 10033 of Daegu will hold its annual POW/MIA Recognition Day Ceremony 6 p.m. Sept. 16 at the 19th Hole in the Evergreen Community Club. The public is invited to attend. For information, contact Ken Swierzewski at 768-8215.

Essay Contest

The Korean corporate members of the Association of the United States Army are sponsoring an essay contest for U.S. servicemembers, their family members and Korean Augmentee to the United States Army Soldiers. The grand prize winner will receive one million won. Two first prizes of 700,000 won and three second prizes of 500,000 won will also be awarded. Entry deadline is Oct. 28. For information, call John C. Peterson at 723-5209.

Flag Football And Soccer Leagues

Company-level soccer and flag football leagues will begin Sept. 6 and Sept. 12, respectively, at Sweeny Field and Storey Field on Camp Carroll. Registration deadline for both leagues is Wednesday. For information, call Mark Juliano at 765-8287.

BOSS Cruise & Tour

BOSS is conducting a Weekend Han River Cruise 6- 10 p.m. Sept. 3 and Seoul City Tour 10 a.m. - 4 p.m. Sept. 4. Registration deadline is Monday. Tickets are \$25 for Han River Cruise and \$20 for Seoul City Tour. For information, call Sgt. Kenneth Richardson at 764-4426.

EO Course

An Area IV Equal Opportunity Representative Course will be held Sept. 12- 23. Registration deadline is Sept. 5. For information, call Master Sgt. Matt DeLay at 768-8972, Sgt 1st Class Stephanie Buxton at 768-8542, or Sgt. 1st Class Monte Tartt at 8692.

Labor Day Sporting Events

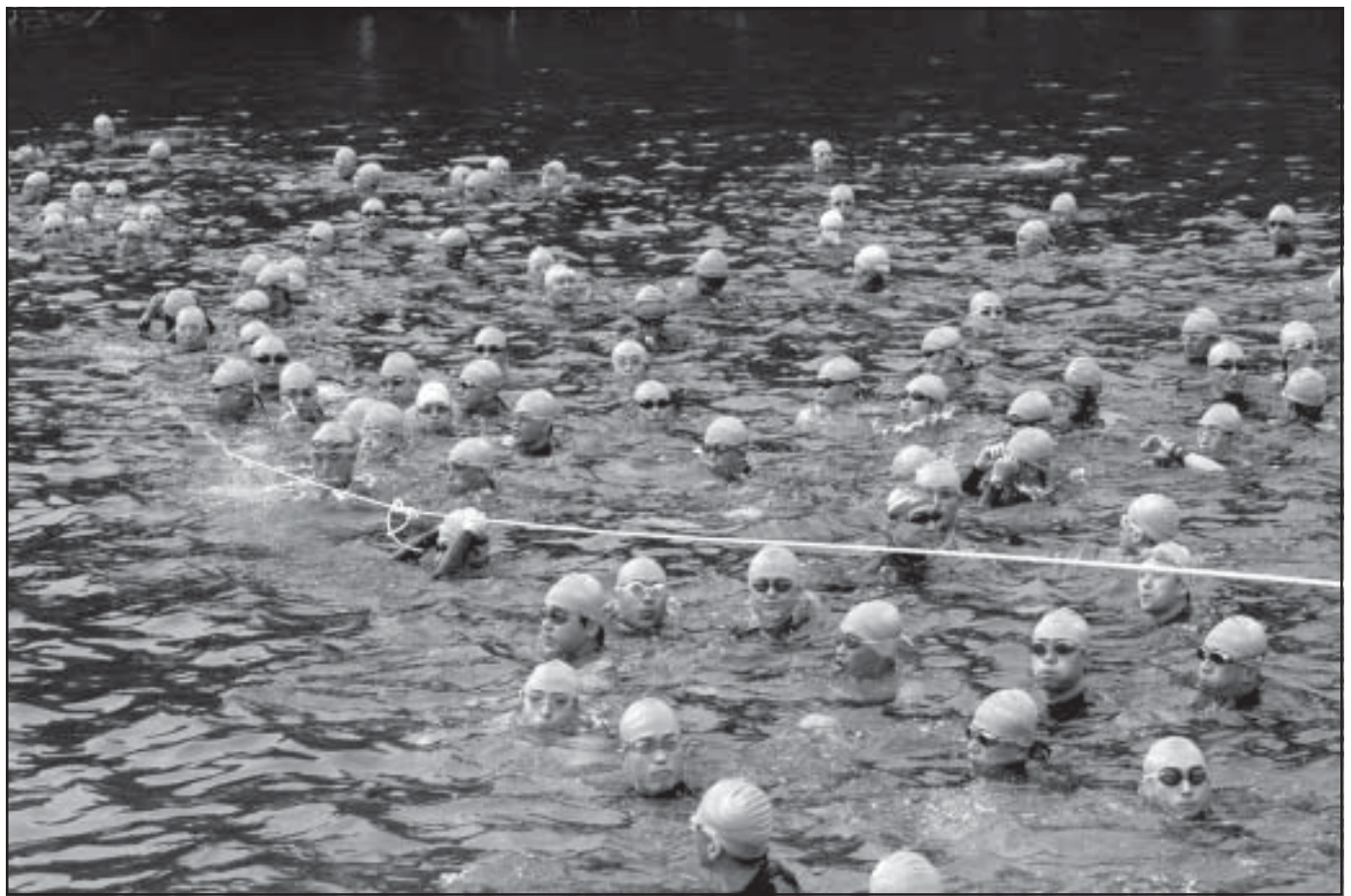
Labor Day sporting events including softball, sand-pit volleyball and racquetball will be held Sept. 5 at Kelly Field on Camp Walker. Registration deadline is Wednesday at the Kelly Fitness Center on Camp Walker. For information, call Chong-hwan Kim at 764-4225.

Case Lot Sale

Pusan Commissary will have a case lot sale 10 a.m. - 5 p.m. Sept. 10 and 11 a.m. - 5 p.m. Sept. 11. For information, call Charles Phillips at 763-7231.

AFTB Training

Army Community Service is sponsoring Army Family Team Building Training 9 a.m. - 5 p.m. Sept. 14 at Camp Hialeah's ACS building. Reservations are required as soon as possible. For information, call Jae Bowers at 763-7271.



PHOTOS BY PFC. PARK MYUNG-JOON

Competitors in the 5th Korea IronTriangle Triathlon Championship at Cheolwon await the starter's signal July 24.

Triathletes push selves to endurance limit

By Pfc. Park Myung-joon

19th Theater Support Command Public Affairs

CHEOLWON -- Swimming 30 minutes, riding a bike for more than two hours and running eight times farther than the physical training test is a challenge even for the most fit of individuals.

But for two members of the 19th Theater Support Command, Pat Noble, a logistics specialist working for the Operations Section, and Maj. Edwin C. Diaz, an engineer working in the Logistics and Supply Office, the challenge of competing in triathlons is what makes them worthwhile.

"I started triathlons as a way to challenge myself beyond some of the endurance sports that I was already doing - mountain bike racing and adventure racing," Diaz said.

Founding members of the Taegu Area Running Club, Noble and Diaz have been running triathlons in Korea for several years. Diaz has participated in about 10 triathlons; Noble has completed 20.

They once again challenged their abilities by competing in the 5th Korea IronTriangle Triathlon Championship at Cheolwon, July 24.

While distances vary among competitions, the Cheolwon race consists of a two-kilometer swim, a 90 kilometer bike ride and a 21-kilometer run within the Demilitarized Zone between South and North Korea.

"It was a great place to hold the event. Not too many people can say they have done a triathlon on the DMZ. It was a lot of fun, even though it was very hot - 97 degrees on the run," said Noble.

Diaz agreed. The climate presented a set of challenges he'd never faced. But, he said, the difficulty was made bearable by the beauty of the surrounding countryside.

Diaz summarized the run in one word, "hot."

"The temperature during the run was over 95 degrees," he said. "Who knows what the humidity was. I am sure the heat index was well over 100 degrees. I have never raced under those kinds of conditions. But the race venue was gorgeous. The swim was held in a mountain reservoir inside the DMZ. The majority of the bike section was also inside of the DMZ. The countryside inside of the DMZ is quite pristine."

Diaz said he recommends triathlons for anyone interested in endurance sports for a number of reasons.



Maj. Edwin C. Diaz, an engineer working in the 19th Theater Support Command Logistics and Supply Office, takes off on his bike after completing the two-kilometer swim during the 5th Korea IronTriangle Triathlon Championship at Cheolwon July 24.

"Triathlons bring about a sense of accomplishment. Your yardstick for all of the hard work that you put in is the race. You will get immediate results," he said.

Noble agreed, saying that as challenging as a triathlon may sound, the ability to finish one is not an unattainable goal.

"Come out and give the triathlon a try. Anyone can do one if they put their mind to it. Work hard. Train hard. Meet people and have fun. See the countryside," he said.

Yard of the Quarter Program builds community pride

By Pvt. Park Kwang-mo

Area IV Public Affairs

CAMP HENRY – Living and working in an aesthetically pleasing environment can be a real morale booster. To help ensure Camp Walker remains the best possible place to live, work and play, the Area IV Support Activity has initiated a Yard of the Quarter Program to help beautify the installation's family housing area and to build community pride.

Jimmy Finch, station manager of American Red Cross office on Camp Henry, and his wife Sue, a human resource assistant at the Area IV Civilian Personnel Advisory Center on Camp Henry, are the inaugural Camp Walker Yard of the Quarter honorees. They were recognized Aug. 15 at their home on Camp Walker. The award is for Second Quarter 2005.

Finch said he appreciates the community's recognition for their efforts. "We enjoy working on the yard," Finch said. "This is just a reflection of how much we have enjoyed cutting and trimming our yard."

While serving as Camp Walker mayor last year, Bonnie McCarthy, Area IV volunteer coordinator, planted the seeds for a the Yard of the Quarter Program to recognize the efforts of community members who make improvements to their yards and take pride in how the community looks.

Maj. Randall C. Page, current Camp Walker mayor, implemented McCarthy's idea this year to select the best looking yard from among Camp Walker's 100 family housing area units.

"We looked at every house on Camp Walker and finally found the most appealing and pleasant yard," Page said.

The award not only recognizes appearance of the yard but also reveals the resident's dedication and devotion. Finch emphasizes patience when keeping his yard trimmed and neat. Due to the fast growing bushes and lawn, he regularly



GALEN PUTNAM

Jimmy Finch, Camp Walker Yard of the Quarter honoree, trims a shrub in his yard as one of his many yard decorations, a Georgia Bulldogs windmill, spins in the wind.

cuts and trims his yard, often more than twice a week.

McCarthy said yard work can lead to a sense of personal pride. "When you look around your yard after all the hard work, it makes you so proud and relaxed," she said.

Attractive yards also have positive impact in the community as a whole.

Finch said the yard can be a reflection of America to Korean neighbors who visit. "We want to represent the U.S. military in a positive way," he said.

Page agrees that nice-looking yards contribute to the community's overall ambiance. "People want to live within a nice neighborhood and community," Page said. "Nice yards

not only provide a pleasant environment but also show that residents are willing to contribute the overall appearance of the community."

Col. Donald J. Hendrix, Area IV Support Activity commander, was on hand to help Finch post a distinctive sign on the corner of his yard. The Finches also received a \$25 gift certificate from the Army and Air Force Exchange Service. The sign will be posted at the corner of the Finch's yard until it is turned over to the next winner in October.

"This gives Camp Walker residents an opportunity to take pride in their yards and the community as a whole," Page said.

Ad goes here

Area IV facilities offering extended business hours

Area IV Public Affairs

Area IV dining facilities will be offering extended hours through Sept. 2.

In addition, select Area IV Army and Air Force Exchange service facilities will be offering extended operating hours through Sept. 4. The Daegu Commissary will also be offering extended hours through Sept. 3.

Several Morale, Welfare and Recreation facilities will be extending their hours as well.

Child care facilities including the Camp Henry Child Development Center and Camp Walker School Age Services will be offering extended hours through Sept. 2. Daegu Enclave fitness facilities will be opening earlier and closing later through Sept. 5.

Apple Tree Gift and Thrift Shop on Camp Walker will be open additional days through Sept. 3.

See below for details.

DINING FACILITIES (daily):

Camp Walker

Breakfast, 5 – 8:30 a.m.; Lunch, 11 a.m. – 1 p.m.; Dinner, 4:30 – 8 p.m.; Midnight, 11 p.m. – 1 a.m.

Camp Henry

Breakfast, 5 – 8:30 a.m.; Lunch, 11 a.m. – 1 p.m.; Dinner, 4:30 – 8 p.m.; Midnight, 11 p.m. – 1 a.m.

Camp Carroll

Breakfast, 5:30 – 8:30 a.m.; Lunch, 11 a.m. – 1 p.m.; Dinner, 4:30 – 8 p.m.

Camp Hialeah

Breakfast, 5:30 – 8:30 a.m.; Lunch, 11 a.m. – 1 p.m.; Dinner, 4:30 – 8 p.m.

AAFES FACILITIES:

SROKA

Mobile PX & Food: 9 a.m. – 1 p.m. and 6 – 9 p.m. daily (Aug. 12 – Sept. 4)

Camp Walker

Main PX: 10 a.m. – 8 p.m. daily.
Food Court: 10 a.m. – 9 p.m. daily.
Burger King: 6:30 a.m. – 10 p.m. daily.

Camp Hialeah

PX: 10 a.m. – 8 p.m. daily.
Cafeteria: 7 a.m. – 10 p.m. daily.

Camp Henry

Shoppette: 9 a.m. – 7 p.m. daily.
American Eatery: 6:30 a.m. – 7 p.m. daily.

Camp Carroll

PX: 10 a.m. – 8 p.m. daily.
Food Court: 6:30 a.m. – 10 p.m. daily. (Pizza Hut, Popeye’s Chicken, Subway, Burger King only)

CHILD CARE FACILITIES:

Camp Henry CDC:

Monday – Friday 5:30 a.m. – 8 p.m. (will close early if all children are picked up)

Camp Walker SAS:

Monday – Friday 5:30 a.m. – 8 p.m. (will close early if all children are picked up)

DAEGU COMMISSARY:

Monday: closed; Tuesday – Friday 10 a.m. – 8 p.m. (open one hour earlier, close one hour later); Saturday: 9 a.m. – 7 p.m.; Sunday 10 a.m. – 6 p.m.

FITNESS FACILITIES:

Kelly Fitness Center, Camp Walker:

4 a.m. – 10 p.m. daily

Indoor Pool, Camp Walker:

5 a.m. – 8 p.m. daily

Fit-To-Win Center, Camp Henry:

5 a.m. - midnight (24-hour access to showers and restrooms from rear of building)

Apple Tree Gift and Thrift Shop:

10 a.m. – 6 p.m. Tuesday – Saturday.

NEWS & NOTES

Master Sergeant Promotion Board

A Department of the Army master sergeant selection board is scheduled to convene Oct. 4. Eligible non-commissioned officers must log on to the Enlisted Records and Evaluation Center Website at <http://www.hrc.army.mil> in advance. To make any data corrections, visit Charlie Detachment, 516th Personnel Support Battalion, Camp Henry, Bldg. 1685 or Camp Carroll, Bldg. T-125. For information, call Chief Warrant Officer NaAngela O’Neal at 768-6957.

RESUMIX Training

The Employment Readiness Program at the Camp Henry Army Community Service is offering hands-on RESUMIX training. For information or an appointment, call Lettie Villarosa at 768-7951. The Area IV Civilian Personnel Advisory Center is offering is also RESUMIX training 1:30 p.m. the last Wednesday of each month at the Civilian Personnel Operations Center Training Center, Bldg. 1208 on Camp Henry. For information, call Irene Francis at 768-6650. For enrollment, call Kim Sang-yun at 768-6625.

Fall Bazaar

The annual Taegu Spouses Association Fall Bazaar will be Oct. 1 – 2 at Kelly Fitness Center on Camp Walker. Several new vendors will be participating this year. For information, call Christie Holmes at 210-6129 or Sherry Page at 210-6005.

Carroll Bank Hours

The Camp Carroll Community Bank’s hours are now 9:30 a.m. – 1 p.m. and 2 – 5 p.m. Tuesday- Friday, and 9:30 a.m. - 3:30 p.m. Saturday.

Ad goes here

생활속의 스트레스 해소법

이병 이양원

스트레스라는 말은 원래 물리학에서 쓰였던 용어로, 물체에 압력을 가했을 때 생기는 변형을 스트레스라고 한다. 이러한 개념이 인체가 외부로부터 받는 여러 가지 자극에 대해 반응하는 과정 및 이로 인해 생물의 체내에 생기는 불균형 상태를 표현하는 일반적인 용어로 보편화되어 사용되고 있다. 환경의 변화, 신체의 변화, 마음의 변화 등이 모두 스트레스라고 할 수 있으므로 살아가는 과정이 모두 스트레스의 연속이라고 할 수 있다. 적당량의 스트레스는 그 자체가 생명유지를 위해서 없어서는 안될 귀중한 활력으로 작용하지만 그 정도가 너무 커서 감당할 수 없을 때에만 충격으로 작용하고 병을 유발한다. 또 같은 스트레스라 할 지라도 받아들이는 사람에 따라 좋은 방향으로 작용할 수도 있고, 나쁜 방향으로 작용할 수도 있다.

스트레스는 일상 생활양식, 환경적 요인, 화학적 요인 등의 모든 것에서 원인 제공을 할 수 있으므로 생활환경의 개선과 유해인자에의 노출 감소 등 원인 요소들에 대한 근본적인 대책이 우선 되어야 한다. 또한 생활자세의 개선이 근본적으로 중요하고, 운동과 명상, 그리고 호흡조절법, 다도(茶道) 등을 응용할 수 있다.

심리적인 스트레스는 대부분 대인관계에서 생긴다. 가정은 가장 좋은 휴식처가 될 수 있는 가장 이상적인 스트레스 해소의 장이다. 직장과 사회생활 또한 마찬가지다. 너무 바쁘게 살기보다는 여가를 충분히 활용하면서 생활해야 하고, 최소한 한가지의 특화된 취미를 가지는 것도 바람직하다.

**적절한 스트레스 해소법

* 첫째 단계 - 맨손체조(5-10분)

아침에 일어나자마자 아무것도 먹지 않은 채 빈 속으로 5-10분간 운동한다. 아무 운동이나 좋다. 모든 근육을 골고루 풀어줄 수 있는 운동이면 된다. 맨손체조 같은 것이다. 하타 요가나 제자리 뛰기라도 상관없다. 살짝 땀이 날 정도면 충분하다.

* 둘째 단계 - 이완반응과 전망

이 단계는 두 가지 과정을 거치게 된다.

1. 이완반응(15-20분) : 첫째 단계가 신체를 위한 능동적인 과정이라면 이번엔 정신을 위한 수동적인 과정이다. 조용한 곳에서 긴장을 푼다. 폭신한 의자에 앉거나 침대에 누워서 눈을 감고 몸의 힘을 빼다. 발가락으로부터 시작해서 허벅다리, 배, 가슴, 팔, 어깨, 목, 얼굴을 거쳐 머리로 올라간다. 숨은 코로 쉰다. 숨을 내쉴 때 "하나"하고 소리를 내기도 한다. 대략 15-20분간 한다.

2. 전망 : 이완반응 과정을 끝낸 상태 그대로 그날 있을 일들을 전

망해본다. 그렇게 되어갔으면 하고 상상해보는 것이다. 자신의 활동을 그려보며 하루를 시작하는 것이다.

이렇게 두가지 과정이 끝나면 가만히 눈을 뜨고 일어난다. 식후 2시간 이내에는 하지 않는 것이 좋다. 며칠만 해봐도 이완이 깊이 일어나는 것을 체험하고 팔다리가 먼저 무거워짐을 느끼게 될 것이다.

* 셋째 단계 - 이완반응의 반복(15-20분)

둘째 단계의 이완반응 과정을 저녁 때나 잠들기 전에 다시 한 번 반복한다. 특별히 스트레스가 많은 날에는 세 번도 할 수 있지만 그 이상은 금하고 있다. 사실상 "쉬는 시간"이기 때문에 자칫 하면 게을러지는 핑계거리가 될 수 있다. 공부시간 중간의에도 할 수 있고 공부를 마친 시간에도 할 수 있다.

* 넷째 단계 - 반성

하루에 세번 반성하라는 옛 성언의 말씀이 있다. 하지만 그럴 필요까진 없고 잠들기 전에 단 한 번만 그날 있었던 일을 되돌아 보는 것이 좋다. 스트뢰벨 박사는 수백명의 환자에게 이 방법을 시켜봄으로써 대단한 효과를 보았다고 한다.

또한 이렇게 함으로써 그날 어떤 상황에서 언제 스트레스를 받았고 그때 자신이 어떻게 반응했는지 파악하게 된다. 그 결과 스트레스의 원인이 무엇이며 그 스트레스에 대처하는 자신의 방법을 알게 된다. 평소와 달리 이상한 감정이나 반응을 나타나게 됐다면 친구를 찾아가 의논할 수 있다. 여러분 같으면 어머니가 가장 가깝고 가장 훌륭한 상담자가 될 것이다. 친구나 어머니한테 털어놓을 수 없는 문제라면 그건 노이로제 같은 것일지도 모르니까 그땐 정신과 의사에게 도움은 받도록 한다.

* 다섯째 단계 - 주간운동(45분×2)

일주일에 두 번 45분씩의 운동이 필요하다. 수영이라든가 테니스, 조깅, 경보, 어떤 운동이라도 좋다. 두 번이 어렵다면 최소한 한 번은 해야 한다.

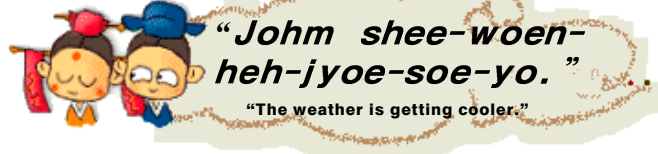
만일 첫째 단계와 둘째 단계를 철저히 할 수 있는 시간이 없거든 몇 가지 간단한 체조와 10분간의 이완반응을 해도 좋다. 그러나 다섯 가지 단계중 한 가지라도 빼먹게 되면 그건 이완을 기다리고 있는 신체를 속이는 결과가 되고 만다. 계속하면 시간이 단축되면서도 이완은 충분히 일어난다. 그러나 이 방법에 한 번 익숙해지면 아무리 바빠도 시간을 줄일 수가 없을 것이다.

This article is about
"Tips to relieve stress."

Learn Korean Easily



Language Instructor
Minsook Kwon



Single Consonants											
ㄱ	ㄴ	ㄷ	ㄹ	ㅁ	ㅂ	ㅅ	ㅇ	ㅈ	ㅊ	ㅋ	ㅌ
g	n	d	r, l	m	b	sh, s	ng	j	ch	k	t
Double Consonants											
ㄲ		ㄸ			ㅃ			ㅆ			ㅊ
gg		dd			bb			ss			jj
Single Vowels											
ㅏ	ㅑ	ㅓ	ㅕ	ㅗ	ㅛ	ㅜ	ㅠ	ㅡ	ㅣ		
ah	yah	oe	yoh	oh	yo	oo	you	ue	ee		
Double Vowels											
ㅘ	ㅙ	ㅚ	ㅜ	ㅝ	ㅞ	ㅟ	ㅠ	ㅡ	ㅣ		
eh	yeh		yeh	weh	wah	wuh	wee		ui		

Word of the week

바람

ㅂ ; b , ㅏ ; ah /
ㅓ ; r , ㅑ ; ah , ㅓ ; m
'bah-rahm'

wind

The phrase of the week

"It is windy."

바람이 불어요.

Bah-rahm-ee bool-oe-yo.

windy

-

It is

Conversation of the week

더위에 잘 지내셨습니까?

Dow-we-eh jahl

Jee-neh-syoe-suem-nee-ggah?

How have you been in the hot weather?

잘 지냈습니다.

Jahl Jee-neh-suem-nee-dah.

I have been fine, thank you.

요즘 시원해졌어요.

Yo-juem

shee-woen-heh-jyoe-soe-yo.

It is getting cooler these days.

아직 낮엔 더워요.

Ah-jeek nah-jehn doe-woe-yo.

But it is still hot in the afternoon.

그동안 너무 더웠어요.

Gue-dohng-ahn noe-moo

doe-woe-soe-yo.

It was very hot during that time.

네.

Neh.

You bet.

태풍
홍수

teh-poong

typhoon

hohng-soo

flood

Share this column with a co-worker.